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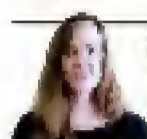
Your essential daily news | TUESDAY, MARCH 22, 2016

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Liquor stores think pot sales

THE PROVINCE

Survey results from store owners expected at end of April



Samantha Power
For Metro|Edmonton

Even before Alberta Finance Minister Joe Ceci jokingly suggested retail pot sales go to liquor stores last week — which he quickly retracted — the Alberta Liquor Store Association says it was asking its members about the idea.

"We started the conversation back last year when the new federal government had a policy of legal marijuana," said Ivonne Martinez, president of the association.

No clear sales model has emerged following legal marijuana in the U.S.: Washington's market is supervised by the Washington Liquor Control Board, while Colorado's is monitored by the Marijuana Enforcement Division of the

Department of Revenue. Colorado allows for retail distribution alongside medicinal marijuana, while Washington's laws prevent that integration.

But here in Alberta, the possibility of a legality change is seeing many prepare.

Martinez said ALSA members are being asked about the idea through a formal survey and direct conversations with store owners, and results should be known at the end of April.

She added her hope is the association will develop a preliminary policy position on retail pot sales in its member stores that reflects member needs, and then to take that position to government.

"When the time comes, we hope to sit at the table with the government as they develop the Alberta model," Martinez said. "If this is a good fit and if it is how we might be able to assist in the process in selling this product in a responsible way."

Ceci said last week there is no government policy yet in place. "When the feds make their decision then the Alberta government would make their decisions," he said.

'I wish city councillors could sit with a family after I take the tubes out'

Dr. Darren Markland, speaking on 'missed opportunity' of Vision Zero metroNEWS

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HARM REDUCTION

Injection site faces hurdles for approval



Ryan Tumilty
Metro | Edmonton

Advocates for a supervised injection site in Edmonton will have to face a rigorous federal review, but they already have signs of support from some of the people they will need.

A group called Access to Medically Supervised Injection Services Edmonton announced they would like to see a site in the city, where drug users could inject under sterile conditions and supervision from medical professionals.

The group is proposing to use existing harm reduction agencies as sites, but hasn't identified specific locations.

Under a federal law passed by the former Conservative government last year, anyone looking to set up a site has to undergo extensive public consultation, research on crime and disorder rates and obtain letters outlining the position of the local government, health minister and police chief.

Mayor Don Iveson said he personally supports supervised injection sites.

"Harm reduction is the right way to go. All the evidence points to better health outcomes, lower social disorder, more opportunities to help people combat their addictions," he said.

But Iveson cautioned he would want to discuss the idea with council before the city submitted a formal position.

"I think it makes sense, but I think it is good for council to see that evidence and make it a city position," he said.

Health Minister Sarah Hoffman said her government believes in the science of harm reduction, but also wants to make sure communities are heard.

"Certainly harm reduction is consistent with the values of this government, but so is working with the community in partnership," she said.

She said they were keeping an eye on other parts of the country to see how the sites work.

"At this point, we are still in the research phases and looking at what is happening in our neighbouring jurisdictions."

Edmonton Police Chief Rod Knecht was away on Monday and not available for an interview.



Harm reduction is the right way to go. All the evidence points to better health outcomes, lower social disorder, more opportunities to help people combat their addictions. Mayor Don Iveson

'She still kept fighting ... that's the legacy'

EUGENICS

Muir opposed barriers and attitudes that still exist today



Alex Boyd
Metro | Edmonton

When Leilani Muir died at age 71 last week, she was remembered as the first person to successfully sue the Alberta government for wrongful sterilization.

But Muir's work didn't end with her court win in 1996. Instead, to her death, Muir argued attitudes that enable eugenics continued in Canada, an argument her peers still echo.

According to those who worked alongside her, Muir continued to fight against what she saw as policies unfair to people with disabilities.

"People thought about Leilani fighting and winning," said Nicola Fairbrother, owner and director of Neighborhood Bridges, an advocacy organization for people with intellectual disabilities. "But she didn't win, she got sterilized. But she still kept fighting anyways. That's the legacy."

Muir, later known by the last name O'Malley, was 10 years old when she was dropped off by her abusive mother at what was later known as the Michener Centre in Red Deer.

There, Muir was incorrectly



When Leilani Muir was 15, a government agency ordered her Fallopian tubes be removed to prevent her from bearing mentally defective children. THE CANADIAN PRESS FILE

diagnosed as a "moron" and sterilized without her knowledge or consent, under a law that allowed almost 3,000 Albertans to be ster-

ilized between 1928 and 1972.

But despite eugenics being outlawed in 1972, and Muir herself being awarded \$740,000 plus

legal costs, she saw the echoes of eugenics in modern policies and attitudes.

For example, she argued people with intellectual disabilities are at greater risk of having their children taken away.

"Leilani was very sensitive to the fact that there's not a very public discourse about the right to love and the right to family in Alberta, when it comes to people who are labeled with intellectual disabilities," Fairbrother said.

Muir also played a key role in developing the Living Archives on Eugenics in Western Canada project at the University of Alberta, an online resource that teaches about eugenics policies and their modern implications.

Philosophy professor Rob Wilson, who launched the project, said she was particularly passionate about the rights of children with disabilities.

Muir raised questions about genetic technologies that could help screen for disabilities in the womb, for example, but also about attitudes around social inclusion.

"For me personally, I think the biggest eugenic dangers are in people's ideas about 'other people,' especially an us-and-them mentality," Wilson said.

"That's what happened in eugenics in Alberta. Certain people, including certain children... were dealt with in ways that you just wouldn't treat those 'like us,'" he said. "You don't have to scratch far beneath the surface to get those same attitudes today."

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TELUS FIELD

Prospects set to ink long-term deal



Ryan Tumilty
Metro | Edmonton

Telus Field, Rossdale's riverside ballpark, could soon get a new moniker as the city is allowing the Edmonton Prospects to find a new naming-rights sponsor for the park.

Final approval from all of council is still required, but at a committee meeting Mon-

day, councillors signed off on allowing the Prospects to seek a new sponsor for the park and to move in for at least the next four years.

Coun. Dave Loken said it will be good for the city to have a team using the field.

"If these guys are willing to stay there and seek some sponsorship, some naming rights — and keep the park going and keep baseball going — I don't see that as a bad thing," he said.

Under the terms of the deal the Prospects will pay the city \$20,000 a year as a licence fee for the park but will be able to collect naming-rights revenue.

Prospects owner Pat Cassidy said the naming rights will be important to the team financially but he's pleased to be getting a multi-year deal with the city.

He didn't want to go into details about the club's plans until the deal was finalized but

said they want to make sure they have a competitive team.

"Obviously, first and foremost we want to make sure we put a competitive product on the field every year."

Loken said he's happy the club will be using the field now, but the city will also have to decide on what it plans to do with the Rossdale neighbourhood in the long term and so the Prospects may not be there forever.



Child advocate Del Graff. KEVIN TUONG/FOR METRO

Baby fell in homebrew, report says

FIRST NATIONS

Child advocate calls for more help for parents with addictions

Alberta's child advocate is calling for more support for children of parents with addictions after a baby drowned in a batch of homebrew.

Del Graff also recommended in his report released Monday that workers need to better know what to do and who to notify when a child is at risk.

"It is possible for addicts to become so focused on the substance they overlook needs of their children," wrote Graff. Graff's report doesn't identify the dead girl's family. The child's mother earlier pleaded guilty in court to criminal negligence causing the death of her daughter in 2013 and sentenced to 90 days in jail.

A judge heard that the 10-month-old girl tumbled head first into a crate of a fermented potato-yeast concoction while her mother was sleeping off a night of drinking in their trailer in Fox Lake, a remote, northern community that's part of the Little Red River Cree Nation.

The baby's 12-year-old brother made the discovery when he came home from school.

Child intervention workers received concerns about drinking in the home about a year before the girl was born, said the report. The grandparents agreed to monitor the situation and the file was closed.

A First Nations agency was assessing the home's safety when the girl died. Her siblings were later placed in the care of their grandparents.

Graff said that when the woman and her husband were sober, they were caring and attentive parents. Still, the girl lived in an unpredictable environment.

"Her parents' drinking and lack of stable housing were problems that were not easily solved," he wrote. "Family and community members tried to create a safety network, but did not have the resources they needed; nor does it appear that they knew what to do when the risk increased."

Human Services Minister Irfan Sabir said in a statement that his office will review the report and meet with Graff.

"This heartbreaking story underscores the need to continuously work to prevent similar incidents," Sabir said.

THE CANADIAN PRESS

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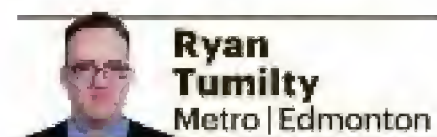
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Edmonton hearts Mayor Iveson

EXCLUSIVE

His support unmoved by city's foibles



Ryan Tumilty
Metro | Edmonton

Neither troubled trains on the Metro Line, nor the buckled bridge over Groat Road appear to have dented Edmonton's love for its mayor.

An exclusive survey conducted by Think HQ Public Affairs shows 73 per cent of Edmontonians approve of the work Mayor Don Iveson is doing.

Iveson said Monday he doesn't govern based on polls, but it's nice to see he has support.

"Given that it has been a difficult year for the city, with the economy and with some projects that we are working to get on track, it's encouraging," he said.

Think HQ president Marc Henry said Iveson's numbers are strong and noted it's above the healthy 69 per cent approval Mayor Naheed Nenshi saw in Calgary.

"To be coming towards the end of his first term as mayor sitting in the 70s is a very good

number," he said.

The poll also asked for views on councillors, without identifying each one by name. It showed 50 per cent of people approve of their councillor, with 23 per cent disapproving and 27 per cent unsure.

On council overall, 57 per cent approved of the job they were doing.

Henry said the gulf between the mayor and councillors is largely name recognition.

"You have a lot of people who don't know how they would rate their local councillor, because they don't know who their local councillor is."

Coun. Michael Walters said he's relieved he has support, but won't let it affect his job.

"We have to continue to work hard to listen to people and execute those things we campaign on," he said.

The survey was weighted to reflect gender and age based on Statistics Canada's data.

This online survey utilizes a representative but non-random sample, therefore margin of error is not applicable. However, a probability sample of this size would yield a margin of error of ± 4.8 percentage points at a 95 per cent confidence interval.

To join the Voice of Alberta Panel, visit voiceofalberta.com.

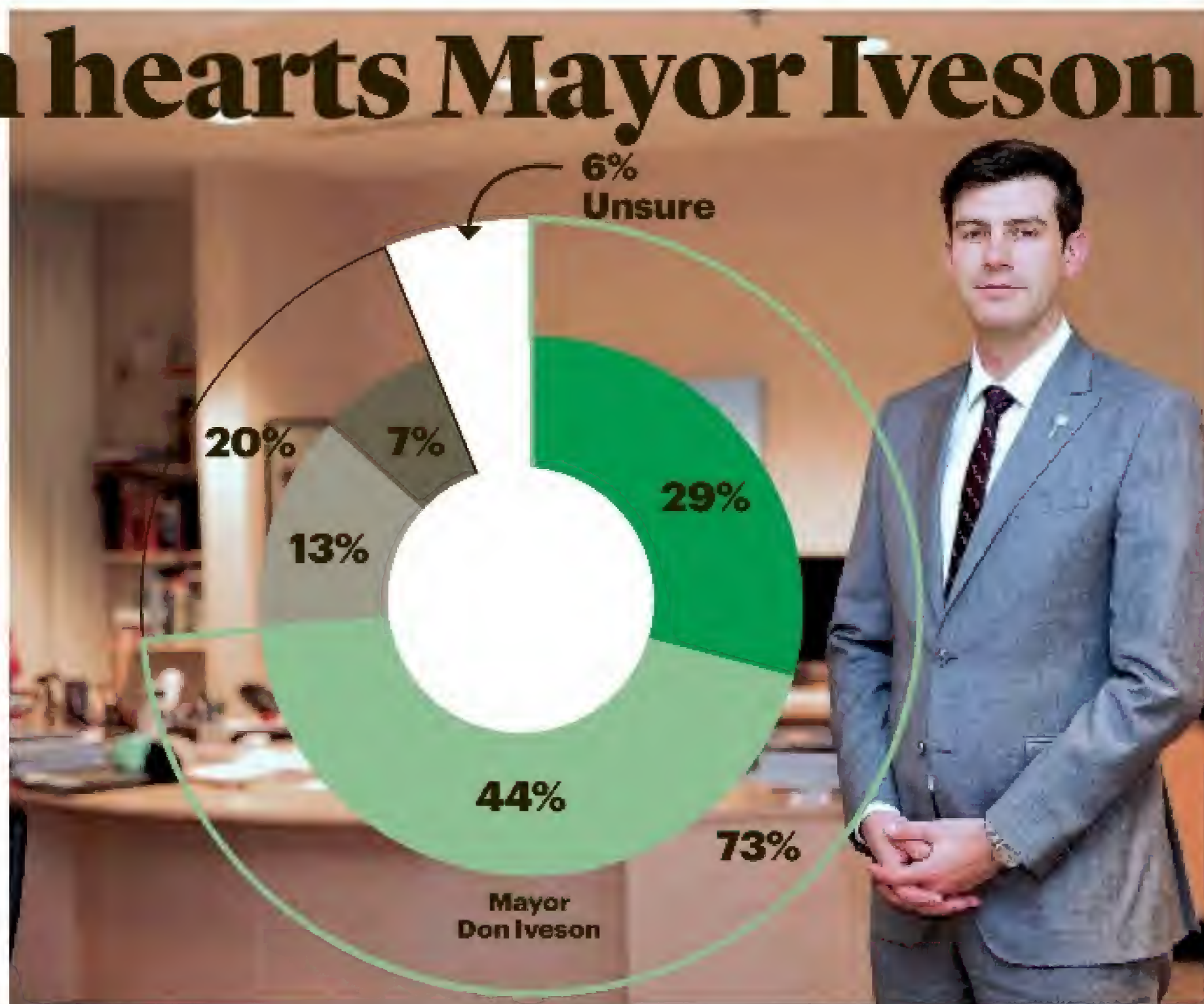


PHOTO BY KEVIN TUONG/METRO; GRAPHICS BY ANDRES PLANA/METRO

March 2016 ThinkHQ/Metro News Poll: THE QUESTION

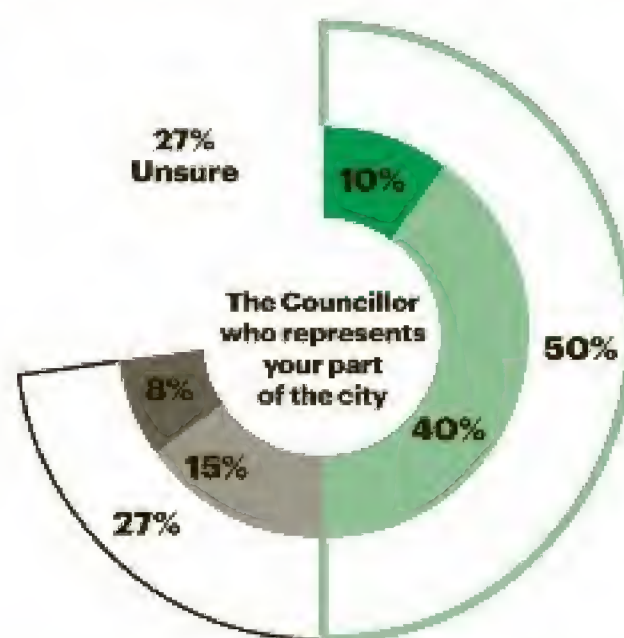
Today we'd like to ask you a few questions about the city you live in and your thoughts about what it's like to live there.

Let's start with your local municipal government.

The current mayor and city council were elected in October 2013.

How would you personally rate their performance since then? Would you say you generally approve or disapprove of...

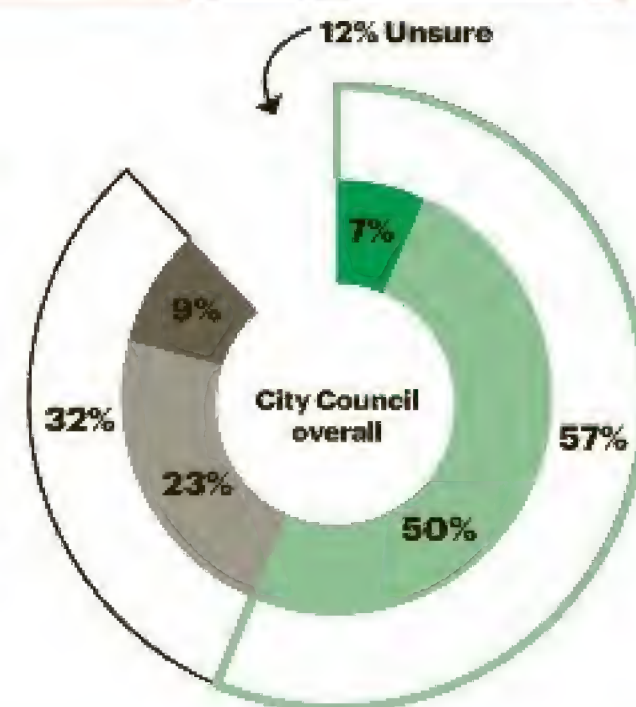
- Mayor Don Iveson
- The Councillor who represents your part of the city
- City Council overall



THE RESULTS

LEGEND

- Strongly approve
- Somewhat approve
- Somewhat disapprove
- Strongly disapprove



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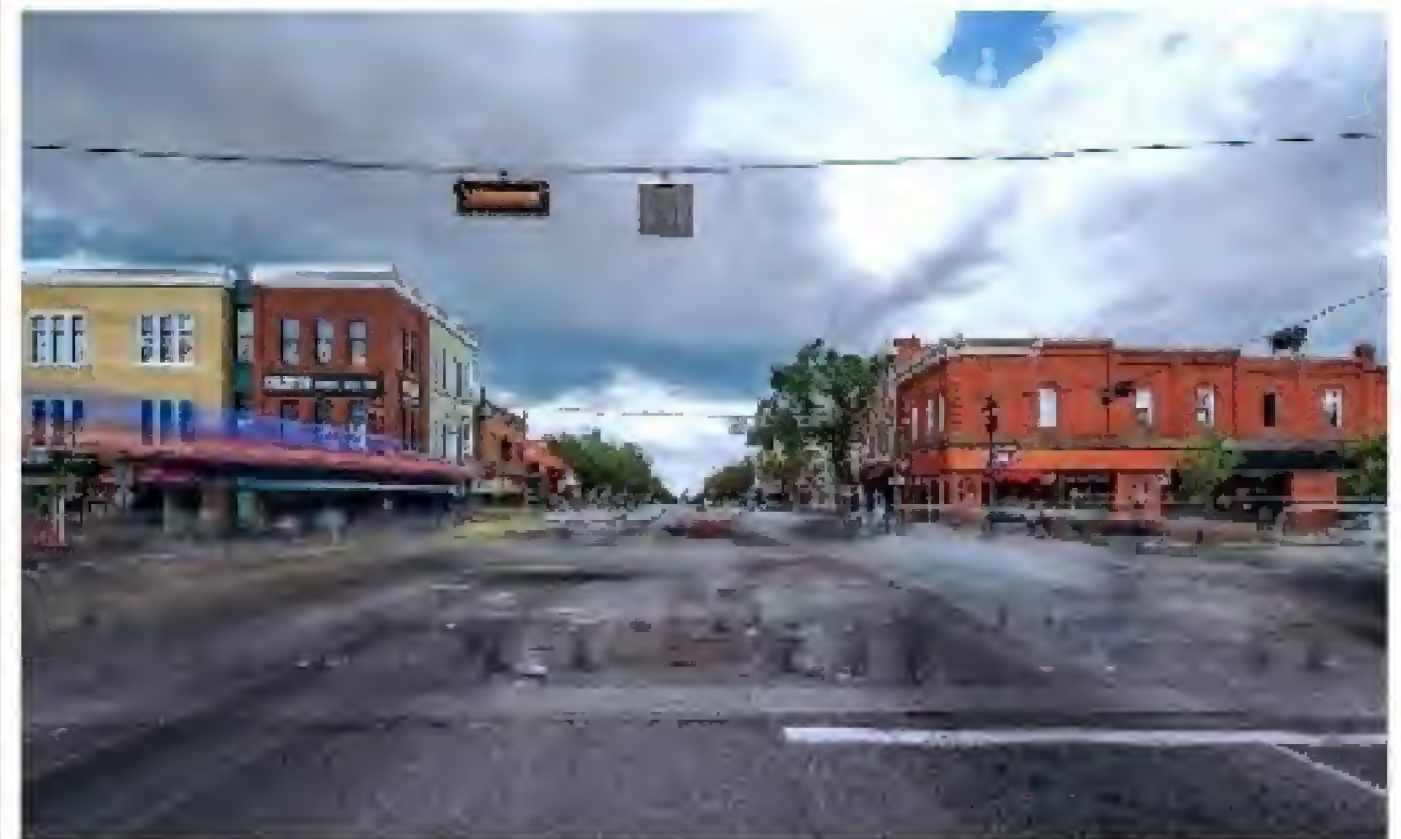
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The way we talk about pedestrian deaths is coming into focus in Edmonton thanks to some critics, who say it needs to change. METRO FILE

The aftermath of crosswalk fatalities

PEDESTRIAN SAFETY

**Vision Zero has
'nothing solid,'
say critics**



This past weekend, Dr. Darren Markland signed the death certificate for a 27-year-old man a driver hit in a marked crosswalk.

Markland said he told the family the man, who was on life support, was unlikely to live a fulfilling life after suffering a severe brain injury, a common injury for pedestrians struck by motorists.

The family asked Markland and several other doctors to discontinue life support.

But while Markland said he's

experienced many pedestrian deaths at the Royal Alexandra Hospital — he cared for the 39-year-old mother hit by a city driver in early 2015, who eventually died — the fact Edmonton recently committed itself to pedestrian safety now sees him speaking out.

In late 2015, the city announced it was the first Canadian municipality to adopt a 'Vision Zero' strategy, which would see it introduce measures to reduce pedestrian fatalities to zero annually, something cities in Sweden have nearly achieved.

Markland said he was hopeful then, but today sees "nothing solid" behind Vision Zero.

Indeed, the way Edmonton talks about pedestrian deaths

hasn't changed, he said.

"We blow it off. We say 'Accidents happen.' And yet we say it every time. It's been going on for years and it wouldn't even cost money to change pedestrian lights."

Glenn Kubish, who recently wrote a blog post, 'Seeing Zip on Vision Zero,' echoes Markland's perceptions.

When Edmonton afternoon radio shows report about a pedestrian hit, they call it an "incident," Kubish said.

"They say, 'You'll want to steer left.' But I think people should be directed there and say, 'This is what it looks like.'"

Kubish said he wants Vision Zero to create change but feels "it's just sitting there."

"We blow it off. We say 'Accidents happen.' And yet we say it every time. Dr. Darren Markland

IN BRIEF

Shooter scare in Stanley Park ends without injury

A report of a man with a handgun near a crowded Calgary park ended with an officer opening fire over the weekend. Police received a call Sunday about someone dressed in black and armed with a gun walking near Stanley Park, where some children were playing soccer.

A loudspeaker-equipped police helicopter was used to evacuate the park and warn area residents to stay indoors.

The Alberta Serious Incident Response Team said

in a news release that police confronted a suspect in the park and he produced a gun.

An officer fired but didn't hit the man, who briefly ran off before surrendering. ASIRT says no one was injured and the suspect's weapon was actually a replica antique handgun.

THE CANADIAN PRESS

Store charged with animal cruelty after 333 pets seized

The owner and operator of a Calgary store that sells fish, reptiles and amphibians have been charged under Alberta's Animal Protection

Act.

The Calgary Humane Society says the charges stem from the seizure of 333 animals from Riverfront Aquariums in December.

Brad Nichols, senior manager of animal cruelty investigations, says the case involves the blatant disregard for the basic welfare of the animals.

The society says Wayne Woo and Michael Chow are to appear in court on May 24. Woo and Chow face other charges that were laid last year and in 2014.

THE CANADIAN PRESS

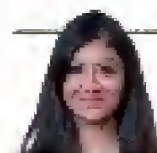
Prayer meets prairie in artful rug



Noor Iqbal, the weaver for the Green Room project, works on the prayer rug, which is to be exhibited across Canada in various museums and art galleries. COURTESY ISLAMIC FAMILY AND SOCIAL SERVICES ASSOCIATION

CULTURE

Women weave tale of Muslim life in Alberta



Sanam Islam
Metro | Edmonton

A handwoven prayer rug depicting the history of Muslims in Alberta will be unveiled Tuesday at Edmonton's historic Al Rashid Mosque.

A group of four Muslim women have been working on the rug for about a year and a half after the Edmonton Heritage Council gave them \$13,500 for the project.

"It turned out exactly the way we expected — this is what a locally designed and woven, Alberta prairie, Edmonton prayer rug looks like," said

Taouba Khelifa, a team member and program manager of the Green Room, the Muslim youth organization behind the project.

The prayer rug's colourful background represents the Alberta landscape in different seasons, while embroidered motifs represent the Syrian and Lebanese heritage of the Al Rashid Mosque's founders.

Built in 1938, the mosque is Canada's oldest, and is now situated in Fort Edmonton Park.

"We're hoping that this rug begins a conversation about Muslims being here for a very long time and that they've helped establish the communities they're in. It's a celebration of their contributions and a realization that we can create a home here in Canada," Khelifa said.

Stories about the Al Rashid Mosque and Edmonton's Mus-

lim community will be shared at the unveiling ceremony, which government representatives and Muslim community members are expected to attend.

Afterward, the rug will be showcased — along with photos of the process, sketches of the designs and the story of the rug — at a few galleries in Edmonton, including the Nina Haggerty Centre for the Arts, Khelifa said.

Starting July, the plan is for the rug to be taken around Canada for exhibition at various museums and art galleries, Khelifa said.

The rug will also be reproduced for people to buy soon, she said.

"Now we're thinking, when are we going to do the next rug? What will it look like? I feel like it's never-ending," Khelifa said. "It's opened up the door to a lot of possibilities."

SUSTAINABILITY

Biofuel firm gets \$4.2M to grow



Alex Boyd
Metro | Edmonton

An Edmonton biofuel company that turns animal fat and crop seed oil into "drop-in" fuels, chemically indistinguishable from petroleum-based fuel, has received \$4.2 million to move forward on a production plant.

Forge Hydrocarbons is the company that aims to use technology created by University of Alberta bioresource scientist David Bressler to make biofuels more cheaply.

"It's a huge validation," Bressler said, in a release Monday. "It's capital investment. It's not a research project anymore."

The grant comes from Sustainable Development Tech-

nology Canada, which funds groundbreaking, economically viable products.

While they're far from the first company to make biofuels, Neil Vanknotsenburg, vice-president of projects for Forge, said Bressler's technique is a simpler, and therefore cheaper, process.

At its most basic, the creation of biofuel means turning fats into hydrocarbons, a process that usually requires both hydrogen and a catalyst to get the reaction going. But Vanknotsenburg said their technique requires neither.

Their process is also able to use grease rendered from dirtier

fuels like cooking oil.

"Our business plan is based on lower cost feed stocks like yellow grease and brown grease which run 15 to 20 cents a pound compared to 30 cents a pound for canola and seed oils," Vanknotsenburg said.

They hope to sell the oil to oil and gas companies, who are required to have a certain amount of renewable content.

"The molecule is identical to the petroleum-based hydrocarbon so it's kind of a great place to be, you're making something that the oil and gas guys want and we're making it cheaper than the traditional

It's capital investment. It's not a research project anymore.

David Bressler



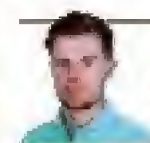
Forge Hydrocarbons will be using the money to build a production plant. CONTRIBUTED

process," Vanknotsenburg said.

Design for the new plant will start later this year after they find a location, and construction is scheduled to start next year. Once built, the plant will produce 19 million litres of bio-fuel every year.

HEALTH CARE

NDP plans to expand midwifery in April



Jeremy Simes
For Metro | Calgary

Amid the closures of some Alberta midwife practices, Health Minister Sarah Hoffman indicated more pregnancies supported by provincially funded midwives will be available come April.

"Our government is really excited about expanding the number of cycles of care," she said. "If I were one of those midwives or moms I would be really looking forward to the April 14th budget."

Despite the boost, on Sunday three midwifery practices specializing in vulnerable and

rural populations announced they're closing due to how Alberta Health Services (AHS) decided to divvy out funds.

Wildrose Status of Women Critic Angela Pitt said she's annoyed with NDP's inaction on the issue.

"I think they need to remove the funding cap — it's an important piece that offers choice to women," she said.

Hoffman said the Official Opposition has it wrong — the government's commitment to increasing courses of care shows it values midwives.

But Nicole Matheson, president of the Alberta Association of Midwives, said the closures highlight a crisis that needs immediate action.

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Uphold Jasper plan: Group

DEVELOPMENT

League hopes council gets the message on pedestrians

Tim Querengesser
Metro | Edmonton

As city consultants prepared their whiteboards and notepads for the second round of discussions on Jasper Avenue's future Monday, community members were worried the messages collected won't make it into the pavement.

Lisa Brown, president of the Oliver Community League — a community that sees Jasper's seven lanes and more than 100,000 cars daily run through it — said the recent open house on Jasper was enlightening.

"People want to put pedestrians first on Jasper," Brown said. "That was not only the overwhelming message, it was the only message."

Brown added she heard nobody say it was vital to maintain Jasper, west of 109 Avenue, as a



Jasper Avenue is currently less of a pedestrian-friendly main street in many areas, including west of 109 Avenue. METRO FILE

transportation corridor.

But while Brown said she's confident city council will receive the message through its Imagine Jasper project, she is worried past examples show council may not fund or stand behind what's requested.

"Our biggest thing will be ensuring the city follows through with the recommendations from the public engagement," Brown said, saying council has a weak

track record on such projects, including bike lanes in Oliver.

According to Brown, those bike lanes (planned for 102 Avenue this summer) saw strong citizen feedback sent to council for segregated lanes, but that changed when city administration pushed to "just put paint on the road" when the project hit the design stage, she said.

But Satya Gadidasu, project manager for Imagine Jasper, said

he's confident council is behind a new vision for the avenue.

He points to the city council policy on main streets, which has designated Jasper as one of Edmonton's most important.

"It needs to be designed and constructed to a higher standard" as a result, Gadidasu said. "It's designated as a main street and that means pedestrians are the priority."

Gadidasu said the group is

“

People want to put pedestrians first.

Lisa Brown

asking for feedback at the open houses on wider sidewalks, crossing distances for crosswalks, street furniture and landscaping.

During the 2015-18 capital budget debates late last year, city council set aside \$19 million for road renewal along Jasper, west of 109 Street.

While the amount may seem large, Gadidasu said it only covers pavement repairs.

After the consultations Monday, he said city administration will study them as well as technical studies and potential utility upgrades along Jasper and submit options to council in spring 2016.

"We will be going to council asking for more money," he said. "Council is aware the \$20 million isn't sufficient."

Brown worries that request will come at a difficult time financially for the city.

"I worry council will say, 'Oh, it's too expensive.'"

INVESTIGATION

Oilsands leak due to steaming

Excessive steaming was one of the factors that caused more than a million litres of oily water to ooze to the surface at an eastern Alberta oilsands site nearly three years ago, an investigation by the Alberta Energy Regulator has concluded.

The AER's report, released Monday, also said the bitumen-water emulsion was able to travel from deep underground through old unused well-bores, natural fractures and faults as well as man-made cracks in the rock.

"This is one of the most complex investigations we've ever undertaken," said Kirk Bailey, executive vice-president of operations at the provincial energy watchdog.

A separate investigation into a 2009 leak at the same site came to a similar conclusion.

Pressure restrictions imposed at Primrose following the leaks discovered in May and June of 2013 have been made permanent to avoid a similar event from happening in future.

"The company will not be able to pursue its original operating strategy at Primrose," said Bailey.

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PCs need win in territory

CALGARY GREENWAY

Byelection in Tory safe seat could predict party's future

Voters go to the polls Tuesday in an Alberta byelection that political observers describe as a barometer of whether the provincial Progressive Conservatives still got game.

"For the PCs it would be devastating if they didn't hold on to something like this," said Melanee Thomas, a political scientist with the University of Calgary.

"If they can't hold seats that they have always held in Calgary, they've got some issues to work on."

The Calgary Greenway seat became vacant last November when Tory legislature member Manmeet Bhullar was killed



The riding of Calgary Greenway will hold its byelection Tuesday. METROFILE

in a chain-reaction highway crash after he got out of his

vehicle to help a stranded motorist.

Bhullar was one of 10 PCs who were left after Rachel Notley and the NDP won a majority in last May's election and ended more than four straight decades of Conserva-

tive governments.

The PC party and caucus are trying to pick up the pieces. They have yet to pick a new leader and are facing pressure from some circles to unite with Brian Jean's right-of-centre Wildrose party.

The last leader, Jim Prentice, quit as his party went down to defeat on election night. The Tories lost Prentice's Calgary Foothills seat, a longtime stronghold, to the Wildrose in a byelection last September.

Calgary Greenway, an ethnically diverse constituency on the city's eastern boundary, has also been a Tory fortress and Bhullar had held it since he was first elected in 2008. Political scientist Duane Bratt said this byelection has wider ramifications for PC fortunes.

"If the PCs win, they're going to be able to say, justifiably, 'We're not dead yet' and that there's a problem with Wildrose and their ability to win in the cities," said Bratt, who is with Mount Royal University in Calgary.

Prab Gill, a real-estate appraiser, is running for the PCs, while businessman Devinder Toor is the Wildrose candidate. Roop Rai, a former radio host and producer, is the candidate for the NDP, and property developer Khalil Karbani is carrying the Liberal banner.

THE CANADIAN PRESS

IN BRIEF

Local firm opens new studio in Romania

For much of its history, Edmonton has looked to Europe for design ideas — but a local architecture firm wants to flip the script.

Local architecture powerhouse Manasc Isaac is opening a new studio called Latitudine 53 on a street in Bucharest, Romania.

The new location will serve a city that the firm sees as a kindred spirit to Edmonton: "Bucharest is a city of oil booms and busts," reads a release from Manasc Isaac.

"After years of leaving Bucharest, creative young people are returning to start businesses, launch careers and build something."

Manasc Isaac is currently best known in Edmonton for its work collaborating with Vancouver architecture firm Bing Thom to design and build MacEwan University's new Centre for Arts and Culture.

The new Bucharest studio location opens its doors March 24.

METRO

"If the PCs win, they're going to be able to say, justifiably, 'We're not dead yet.'

Duane Bratt, political scientist

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Edmonton transit manager Eddie Robar says it may make sense for regional transit providers to coordinate. KEVIN TUONG/FOR METRO

Bus routes may come together

TRANSIT

Officials to look at collaborative systems



Ryan Tumilty
Metro | Edmonton

Buses coming in from St. Albert, Sherwood Park or Leduc could soon be managed by one group, as the region begins exploring a more connected transit system.

A recommendation going to city councillors on Wednesday is set to look at whether the city should work with St. Albert and other regional municipalities on a co-ordinated bus service for routes running between cities.

Local routes would still remain firmly in their own jurisdiction's control.

The city's transit manager, Eddie Robar, said if council approves the idea it won't mean a change overnight.

"This is the toe in the water,"

he said.

He said with other municipalities starting to add transit service it might make sense to look at ways for them to work together.

"Looking into the future it's either we have eight or nine different transit systems running independently or we look at ways to collaborate," he said.

St. Albert council was set to vote late Monday evening, but Mayor Nolan Crouse said increasingly the region is so interconnected that it just makes sense.

"You have to understand that in the next 10, 20 or 30 years you end up being so reliant on each other than you just don't have a choice."

Crouse said he is concerned about the details, but overall believes it will be good for the region to work together. He said starting off slow should allow the region to come up with a plan that treats all municipalities fairly.

"The elephant in the room is Edmonton and you have to be able to find a solution that addresses that."

OIL PATCH

Retraining program asks province for help

A group of oilsands workers wants the Alberta government to support a program to retrain unemployed electricians as solar panel installers.

Liam Hildebrand of Iron & Earth, a non-profit organization, said they have developed a plan to retrain 1,000 people.

But to make it work they need the province to buy into the scheme with money and a pledge to retrofit some government buildings with solar

panels as part of the training plan, he said.

"We realize they will not be able to contribute a significant amount of funding towards this program in the immediate term so we are asking that they support an initial set of demonstration projects," Hildebrand said Monday.

Iron and Earth estimates it would cost about \$8 million to install solar panels in 100 buildings. He said 10 buildings would

be a good start.

The group is also seeking funding from industry.

Environment Minister Shannon Phillips said the NDP government will consider the proposal but needs more information.

"I will have to wait and see and learn a bit more," Phillips said.

"We are going to meet with them and we are going to make sure that we explore every op-

portunity to help workers and families hardest hit by the drop in oil prices."

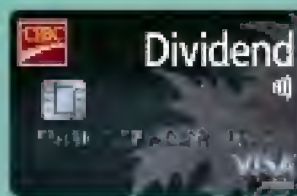
Tens of thousands of people have lost their jobs in the oil patch due to the low price of crude.

Hildebrand said eventually the group would like to develop programs to put more oilsands veterans to work in other renewable energy projects such as wind, geothermal and biofuels.

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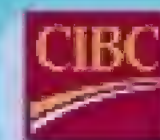
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“‘Queer’ is hands-down my preferred term when talking about myself and my community.”

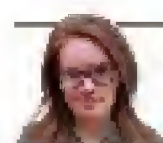
Brook Biggin

Brook Biggin is the Community Education Facilitator with HIV Edmonton. When Metro used the phrase “queer men” in a previous article, you wrote to us — so we asked the advocate who preferred it to explain. METRO FILE

Talking about the Q word

IDENTITY

Word ‘queer’ embraced by some, shunned by others



Alex Boyd
Metro | Edmonton

Metro has received a lot of (mostly negative) feedback after we used the phrase “queer men” in a February article about a new HIV drug. We used it intentionally, as the person we spoke to used it that way. So we asked Brook Biggin with HIV Edmonton about “queer” and the evolution of a word.

Is the word “queer” one you use?

I do use the word “queer,” more than any other descriptor. My friends are diverse. The community I live in and serve is diverse. “Queer” is hands-down my preferred term when talking about myself and my community.

Why?

Times are changing, and with that so is our understanding of sexual orientation and gender identity. Increasingly, the acronym LGBT fails to account for all of the ways people in our community choose to identify themselves. So, we can try to extend the acronym to include all of these identities. But then we have something like LGBTQQIP-2SAA, which is a mouthful and

still doesn’t cover everyone.

A lot of readers say “queer” is offensive. What’s your response?

It’s hard. Many of the people who don’t like queer were around at a time when it was used in a pejorative way. But in recent years, the community, or at least segments of it, have reclaimed the word “queer” much like many other minority communities have done with terms once used negatively against them.

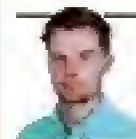
So, although I do feel for people for whom the term “queer” still has a very negative connotation, I think that the community, especially younger generations, are much more comfortable with the term as it relates to our collective identity.

Why did the meaning of “queer” change?

Words have meaning. But that meaning can change depending on the context — when the word is being used and by whom. If we were having this conversation 30 years ago, I might have a different take. “Queer” was a term used by those outside of our community to demean us and assign us an inferior status. But, like many minorities have done in the past, our community — particularly its more radical and younger elements — have reclaimed the word. The meaning and power within that word when it’s used by us today is very different from the meaning and power it had when it was used in a negative way by people outside of our community all those years ago.

ASTHMA

A plan to help kids breathe easier



Jeremy Simes
For Metro | Calgary

During this past hockey season, Noah White could stride down the ice on a breakaway without needing to take a hit from his puffer.

White, who has allergy-related asthma, plans to be part of a trial that will ideally see fewer kids admitted to emergency rooms and many more breathe easier.

The trial — funded by a \$750,000 grant from the Partnership for Research and Innovation between Alberta Health Services (AHS) and Alberta Innovates Health Solutions (AIHS) — will put a treatment guide into patients’ electronic medical records.

Called a decision-making tree, doctors will use the medical records to make diagnoses while their staff receive more training to provide education on asthma treatments.

Parents will also have access

to the tree so, if used properly, kids will never have a shortage of medication.

AHS senior medical director Dr. David Johnson said asthma is one of the most common reasons for kids’ urgent hospital admissions.

“We knew we could do better,” he said.

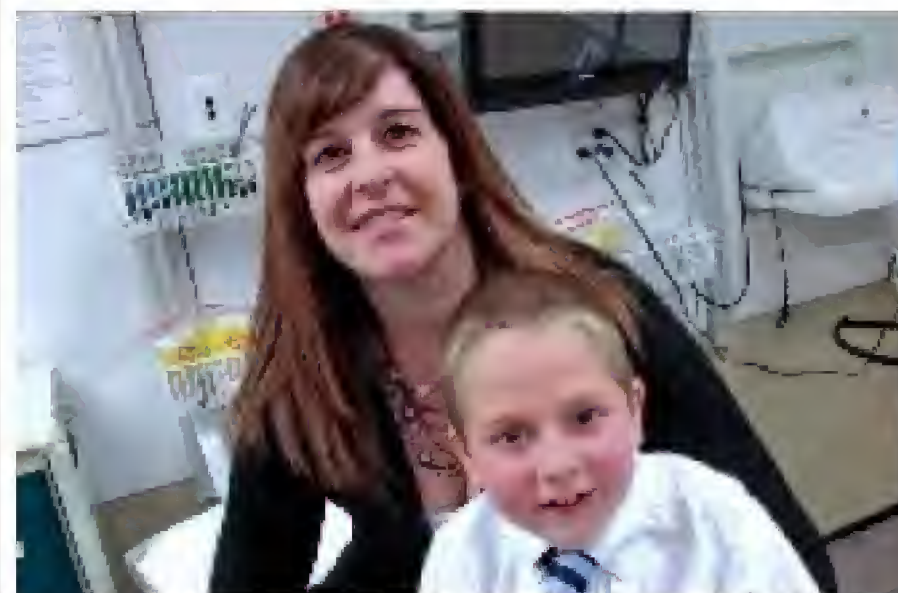
White’s mom, Erin, said Noah’s had his fair share of emergency-room visits, so this new initiative is sorely needed.

“We’ve had to go through his whole history every single time, which only delays treatment,” she said. “Having his information already there would save me time and stress.”

It’ll also be helpful for hockey games, Noah added.

“I don’t want to have an attack,” he said. “I want it to be able to start playing again.”

Decision-making trees will be available for doctors at 22 practices across Alberta. If successful, AHS plans to roll it out provincially.



Noah White, with his mom Erin, will be part of a trial for Alberta Health Services’ new asthma initiative. JEREMY SIMES/FOR METRO

RICK MERCER REPORT

#rickmercerreport

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Bottled water ban on Montreal's list

ENVIRONMENT

Industry wants city to consider recycling as a better solution

A passing mention by Montreal's mayor that plastic-bottled water is next on the city's environmental to-do list has caught the industry's attention.

After moving to ban plastic bags by 2018, Mayor Denis Coderre hasn't announced any firm game plan on the bottle issue. "But the debate is important," Coderre said recently. "We need to have that debate on plastic."

The Canadian Beverage Association, which represents major players such as Coca-Cola, Pepsi Co. and Nestle, has hired a lobbyist to deal with the city.

"We don't think banning (bottled) water is a solution," says Martin-Pierre Pelletier, suggesting a ban would only deprive residents of choice.

Pelletier said the perception that people favour bottled water over the tap variety isn't accurate, noting 91 per cent of those who drink bottled water reach for the tap at home.

An industry finding shows two-thirds of adults who buy bottled water do so instead of another packaged beverage.

"Bottled water isn't in competition against tap water, it's in competition against other beverages," he said.

The industry wants the city to favour a recycling solution.

According to the Canadian Bottled Water Association, the national recycling rates for plastic beverage bottles was about 72 per cent. Executive director Elisabeth Griswold says the group considers anything less than 100 per cent unacceptable.

The plastic bottles are made

of polyethylene terephthalate (PET), which is completely recyclable and reused in making water bottles, Pelletier said.

"Instead of banning a product that is healthy, useful, we believe we should spend our time and efforts in building up public space recycling," he said.

More than 80 Canadian towns and cities restrict the use of bottled water, including Montreal. Most involve activities in municipal buildings but in Toronto it extends to parks, facilities and civic centres.

Many post-secondary institutions also do the same.

In 2013, Concord, Mass., came out with a bylaw banning the sale of one-litre bottles of water or less in that community and is believed to be the first U.S. community to have done so.

THE CANADIAN PRESS



ISTOCK



Apple VP Greg Joswiak unveils the new iPhone SE in California on Monday. GETTY IMAGES

Apple unveils smaller iPhone

Apple unveiled a small new iPhone, a new iPad tablet for business use and knocked \$50 US off its Apple Watch at a product event Monday. The announcements, which were largely expected, aim to keep up the company's commercial momentum in the face of unexpected challenges.

The new phone — the iPhone SE — is an upgrade to the older, four-inch iPhone 5S, released in 2013. It's aimed at consumers who haven't sprung for the bigger-screen iPhone 6

models that Apple introduced over the last two years. The new phone comes with features like Apple Pay and the company's fastest processor, which have been offered only on versions of the iPhone 6.

Apple also unveiled a smaller model of the iPad Pro, which the company introduced last year with several features — like a detachable keyboard and stylus — designed for business users. The Apple Watch, which is yet to win a big following, got a price cut. It will now start

+ UNLOCK FIGHT

Hearing cancelled

A hearing between the U.S. federal government and Apple has been cancelled as the FBI works with an "outside party" to unlock a San Bernardino attacker's iPhone.

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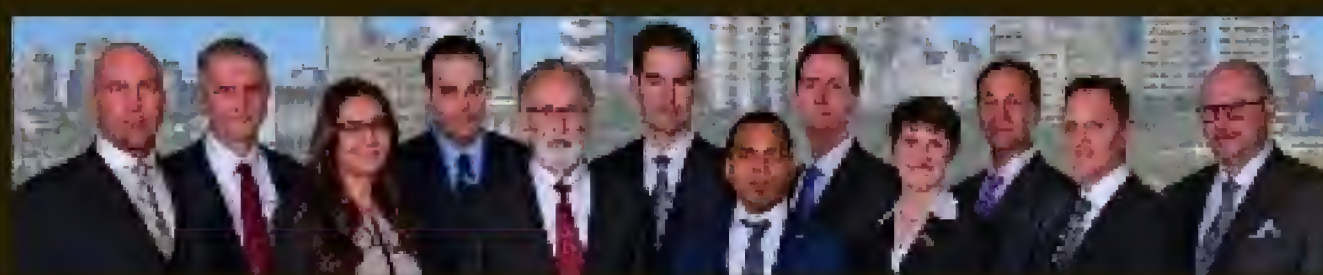
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Staging with colourful patio furniture creates the feeling of home and welcomes visitors to sit and enjoy the outdoor space. ISTOCK

Staging with a bit of colour

HOMEOWNERS

Brighten up your home's exterior for extra attention

Lisa Evans

When selling a home, many homeowners understand the importance of staging the interior — removing clutter, painting a neutral colour and adding some fresh flowers to the hall table. But what about the exterior? “When people drive up to the front of a property, they sense whether a home is going to be a possibility for them,” says Carlo Sconza, a real-estate agent with Keller Williams. An inviting exterior makes buyers more receptive to viewing the home and can even lead them to overlook some imperfections inside.

One of the easiest ways to add pizzazz to the outside of your home is with colour. Here are a few creative tips to brighten your place and wow potential buyers:

Make the front door pop Painting the front door a different colour from the rest of the house is not only a great way to add a pop of colour to your home but gives it some personality.

“Adding colour just to the front door is a low-risk way to add character,” says Carson Arthur, star of HGTV’s Critical Listing. Millennials in particular list character among the top three traits they look for in a home. Benjamin Moore has a line of paints called “Grand Entrance” specifically designed for the front door.

Use colourful planters

Flowers are another quick and easy way to make your home more colourful.

But rather than planting a lot of flowers in the garden, purchase a couple of outdoor planters and put one on each side of the door, says Jill Appel, landscape designer and owner of Curb Appeal Garden Designs.

“It brings your eye right to the front door,” she says. If you have a porch, hanging planters are also a great way to draw the eye and add a touch of colour to your home.

“When people drive up to the front of a property, they sense whether a home is going to be a possibility for them

Carlo Sconza, real-estate agent with Keller Williams

Accent your outdoor living space

A front porch or back deck is an important selling feature as it adds extra living space to your home.

This area, too, is easy to enliven with colourful accents. Staging with patio furniture or even a small bistro table with two chairs creates the feeling of home and welcomes visitors to sit and enjoy the outdoor space.

Add brightly patterned cushions, a fun tablecloth or a fresh floral bouquet for extra charm. When people can see themselves enjoying the space, they’ll be more inclined to purchase the home.

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Selling a home: How to make a first impression

YARD LOVE

Just a little landscaping can add that elusive curb appeal

Lisa Evans

As the first thing potential homebuyers see, the outside of your home makes a big impression. According to a Century 21 study, first impressions can contribute seven to eight per cent to the value of your home. As you prep your home for sale, don’t forget to give your yard some love — a little landscaping can make a big difference. Here are some expert tips to get you started:

Show off the home's entrance

Clearing the pathway to your front door is a great way to create an inviting entrance. “People love homes where you can clearly tell where the door is,” says outdoor-design and lifestyle expert Carson Arthur. If your home doesn’t have a pathway, consider adding one in at low cost.

Clean up the lawn

Remove all evidence of a harsh winter from your front lawn, says Jill Appel, landscape designer and owner of Curb Appeal Garden Designs. This means pulling weeds from the lawn and gardens, cleaning the walkway, pruning overgrown shrubs and bushes, and removing any dead plants from your garden. Carson Arthur recommends top-dressing the lawn before putting up the For Sale sign. “A green lawn really attracts people,” he says. “It makes your lawn look healthy and well-cared for.”

Pare down front gardens

When it comes to planting in the front yard, less is more. A garden overloaded with plants can be intimidating to some buyers, says Arthur.

“People think, ‘Oh wow, that’s a lot of work, I’m not sure if I’m the right person for that,’” he says. Trimming back the garden, leaving a few plants and adding neutral-toned mulch can make your garden look low-maintenance and attractive to buyers.



Clearing the pathway to your front door is a great way to create an inviting entrance. ISTOCK



A green lawn really attracts people — clean up your yard before putting up the For Sale sign. ISTOCK

“Mulch makes the garden look well cared for and neat and tidy and it doesn’t intimidate anybody,” says Arthur.

Add lighting

Landscape lighting is a great way to highlight your home’s outdoor features during evening showings.

“If you have a beautiful weeping Japanese maple and you light it up, it’s gorgeous,” says Appel. Porch lights, as well as lights going up your walkway, help illuminate your home’s entrance and make it welcoming. Just make sure the bulbs are all working before putting your home up for sale.

Refugees held in detention camps

GREECE

Delays in deal to send them back to Turkey adds to crisis

Greece detained hundreds of refugees and migrants on its islands Monday, as officials in Athens and the European Union conceded a much-heralded agreement to send thousands of asylum-seekers back to Turkey is facing delays.

Migrants who arrived after the deal took effect Sunday were led to previously open refugee camps on the islands of Lesbos and Chios and held in detention, authorities on the islands said.

EU countries are trying to avoid a repeat of the mass migration in 2015, when more than a million people entered the bloc. Most were fleeing civil war in Syria and other conflicts, travelling first to Turkey and then to the nearby Greek islands in dinghies and small boats. Efforts

to limit migration have run into multiple obstacles.

Under the deal, Greek authorities will detain and return newly arrived refugees to Turkey. The EU will settle more refugees directly from Turkey and speed up financial aid to Ankara. The two sides, however, are still working out how migrants will be sent back.

"We are conscious of the difficulties," said EU Commission spokesman Margaritis Schinas.

Commission officials said support staff needed to implement the deal — including hundreds of translators and migration officers — would not start arriving until next week. Returns, they said, cannot start until Greece changes its law to recognize Turkey as a "safe country" for asylum applications.

Migrants, meanwhile, continued to reach Greek islands in large numbers, as smugglers appeared to be opting for more overnight crossings and increasingly dangerous routes.

Four people died Sunday while trying to reach Greece, two men

50,000

Number of migrants stranded in Greece, due to Austrian and Balkan border closures. Greece has 36,000 shelter spaces for migrants who arrived before the EU deal was reached; they will be resettled.

off the island of Lesbos and two girls off the tiny islet of Ro, the coast guard said. More than 1,600 people made the crossing Sunday, and 262 were rescued in five incidents after vessels sank or were in distress.

"We face an uphill effort. Implementation of this agreement will not be an easy issue," Greek Prime Minister Alexis Tsipras said.

He met with EU Migration Commissioner Dimitris Avramopoulos and urged him to increase pressure on Turkey to crack down on smugglers.

THE ASSOCIATED PRESS



A child holds a placard reading "I want to go to Germany" in German during a protest held by migrants calling for the reopening of the borders at a makeshift camp at the Greek-Macedonian border near the village of Idomeni. AP/GETTY IMAGES

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metro

BELGIUM

Witness helps to ID Paris attacks suspect

A keen-eyed witness who spotted a pale, slender figure fleeing an apartment near a Brussels auto plant one week ago set in motion a vast police dragnet that within 72 hours led to the capture of Salah Abdeslam, the most-wanted man in Europe.

Another key — if unwitting — helper in leading authorities to the hideout of their high-value quarry was a pallbearer at the burial of the fugitive's brother.

Abdeslam is being held in a Belgian high-security prison, with France seeking his extradition so he can stand trial for his alleged role in the Nov. 13

rampage of gunfire and suicide bombings that killed 130 people.

The 26-year-old Frenchman was arrested Friday after being run to ground by investigators in the same gritty Molenbeek neighbourhood of Brussels where he grew up.

Much remains unclear about Abdeslam's movements in the four months he managed to elude authorities multiple times.

"We're still far from completing the puzzle," Belgian federal prosecutor Frederic Van Leeuw acknowledged Monday.

THE ASSOCIATED PRESS



La Belle Equipe, a Parisian café targeted in last year's Paris attacks, reopened Monday. One man wanted in connection with the attacks has been arrested. THE ASSOCIATED PRESS

IN BRIEF

UN, Morocco dispute actions in Western Sahara

Morocco is trying to expel military staff from a UN peacekeeping mission in the Western Sahara. Morocco is protesting UN Secretary-General Ban Ki-moon's use of the word "occupation" in describing the vast territory during his visit this month to refugee camps in Algeria for Sahrawis, the region's native inhabitants.

THE ASSOCIATED PRESS

Gun attack in Mali capital

Gunmen launched an attack Monday at the European Union military training mission's HQ in the Malian capital, Bamako. It seems to be one in a series of attacks on Western interests. One attacker is now dead.

THE ASSOCIATED PRESS

Yemeni Jews rescued

Some of Yemen's last remaining Jews have arrived in Israel after a secret operation retrieved them from the war-torn country. Over the last few days, 19 Yemenite Jews landed in Israel and relayed the horrors of the fighting in Yemen along with dangers they faced from extremist groups. THE ASSOCIATED PRESS

Border wall splits voters

POLITICS

Residents near the U.S.-Mexico divide react to Trump's plan

Donald Trump's ambitious plan to build a giant wall on the border with Mexico hits close to home for many people. As the presidential contest shifts to Arizona and its Tuesday primary, Trump's wall stirs up a range of emotions among border-area residents.

Reporters interviewed people who live on the border to get their perspective on Trump's border wall plan:

BACK AGAINST THE WALL

For Jim Chilton, illegal immigration and drug smuggling isn't just something he hears about on the news: He lives with it every day as smugglers routinely cross the border on his property.

"We need a wall. We need forward operation bases. We need Border Patrol to be down there all the time," Chilton said. "We just need to secure that international boundary at the border, period."

BOTHERED IN BISBEE

Artist Kate Drew-Wilkinson lives in Bisbee, Ariz., where she owns a gallery a few miles north of the border. Drew-Wil-

kinson opposes Trump and his wall proposal, saying he's a bully who is dangerous to the United States.

"I don't think he has a real understanding of the geography or the sheer difficulty of building a wall of that kind," said, Drew-Wilkinson. "And it's ugly. The whole thing is really ugly."

A SOLID FOUNDATION

John Ladd is a cattle rancher whose roughly 15,000-acre ranch abuts the border near Naco, Ariz. Ladd simply likes that Trump has been talking about illegal immigration since the beginning of his campaign.

"That really rang a bell with me and a lot of the ranchers, that finally we had somebody in the political arena that wasn't worried about being politically correct and talked about the problem that is actually happening," he said.

CONFLICTED REPUBLICAN

Hector Orozco manages a manufacturing company south of the border with offices on the American side. He is also an immigrant from Mexico who became a U.S. citizen and traditionally voted Republican.

But Orozco said he can't get behind the party. "It's like they're trying to distract us from the bigger problems," he said. "(Illegal immigration) is a problem, but it's not the biggest problem."

THE ASSOCIATED PRESS



Jim Chilton supports the wall and doesn't go anywhere on his Arizona ranch without his guns at the ready in case he encounters armed smugglers. BRIAN SKOLOFF/ THE ASSOCIATED PRESS



INDIA THE FUTURE IS BRIGHT

Indian Hindu widows throw flower petals during Holi celebrations at the Gopinath temple, 180 kilometres southeast of New Delhi, India. A few years ago this joyful celebration was forbidden for Hindu widows.

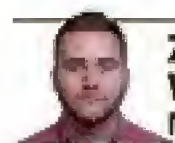
Like hundreds of thousands of observant Hindu women, they would have been expected to live out their days in quiet worship, dressed only in white, their very presence being considered inauspicious for all religious festivities.

MANISH SWARUP/ THE ASSOCIATED PRESS



VACATIONS

Canadians hit Cuba ahead of U.S. tourists



Zane Woodford
Metro | Halifax

As Cuban-American relations continue to thaw, a Canadian travel agency says travellers from this country are hoping to hit the beaches before changes for American travellers take hold.

"No one knows at this point what those changes are going to represent in terms of Canadian travellers vacationing there, but there's certainly a sense of wanting to get in before it does," says Blair Jarrett,



No one knows at this point what those changes are going to represent in terms of Canadian travellers. Blair Jarrett, Maritime Travel

Halifax-based Maritime Travel senior director of marketing.

While travel to Cuba for tourism is still technically banned for Americans, President Barack Obama's administration has continued to ease up on restrictions.

Since last year, Americans have been able to travel to Cuba under 12 categories including family visits, religious activ-

ities, and educational activities. Before last week, people traveling for educational purposes had to travel in authorized tour groups, but now they'll just have to fill out a form saying they're not going to Cuba just to drink on a beach.

"I think there's quite a bit of red tape and quite a bit of organizing that has to happen before Americans start arriv-

ing in droves at the all-inclusive resorts," said Jarrett in an interview Monday, though he acknowledged that is bound to affect prices eventually.

Jarrett said Cuba has long been a preferred destination for Canadian travellers, with more than one million annual bookings, but this year, it's been even more popular.

"There's certainly a fondness there, and for people who love that, or even maybe have not been before, there's a certain charm and a certain character that they would like to experience in case it might change moving forward," he said.

WEATHER

Mild storm hits New England

Many New England residents were relieved that the spring storm wasn't nearly as bad as first forecast.

After initial forecasts of a foot or more of snow, parts of New Hampshire and Maine got about eight inches, according to National Weather Service numbers. By noon, the snow had stopped and the sun was out in much of the region. THE ASSOCIATED PRESS

MIDDLE EAST

Russia may use force on ceasefire violators in Syria

Russia on Monday warned the United States that it will start responding unilaterally to ceasefire violations in Syria if the U.S. refuses to co-ordinate rules of engagement against violators. The U.S. State Department insisted that Moscow and Washington were working constructively to monitor the truce and warned Russia against taking unilateral action.

The Russian military has accused the U.S. of dragging its feet on responding to Moscow's

proposals on rules for joint monitoring of the Syria ceasefire and response to violations. It said that further delays are leading to civilian casualties.

Lt. Gen. Sergei Rudskoi of the Russian General Staff said in a statement on Monday that if the U.S. fails to respond to its proposals on a joint response, the Russian military will have to start unilaterally using force against those who break the ceasefire, starting Tuesday.

The Russian Foreign Ministry



Our expectation is that Russia will refrain from unilateral actions.

U.S. State Department spokesman John Kirby

issued a separate but similar statement.

In Washington, State Department spokesman John Kirby said the U.S. and Russia were working together to collect and analyze information about ceasefire violations, and that any unilateral Russian action to pun-

ish transgressors goes against "the spirit of the cessation of hostilities."

"There has been co-ordination," Kirby told reporters, saying these matters "continue to be discussed in a constructive manner."

THE ASSOCIATED PRESS



Russian President Vladimir Putin. THE ASSOCIATED PRESS POOL

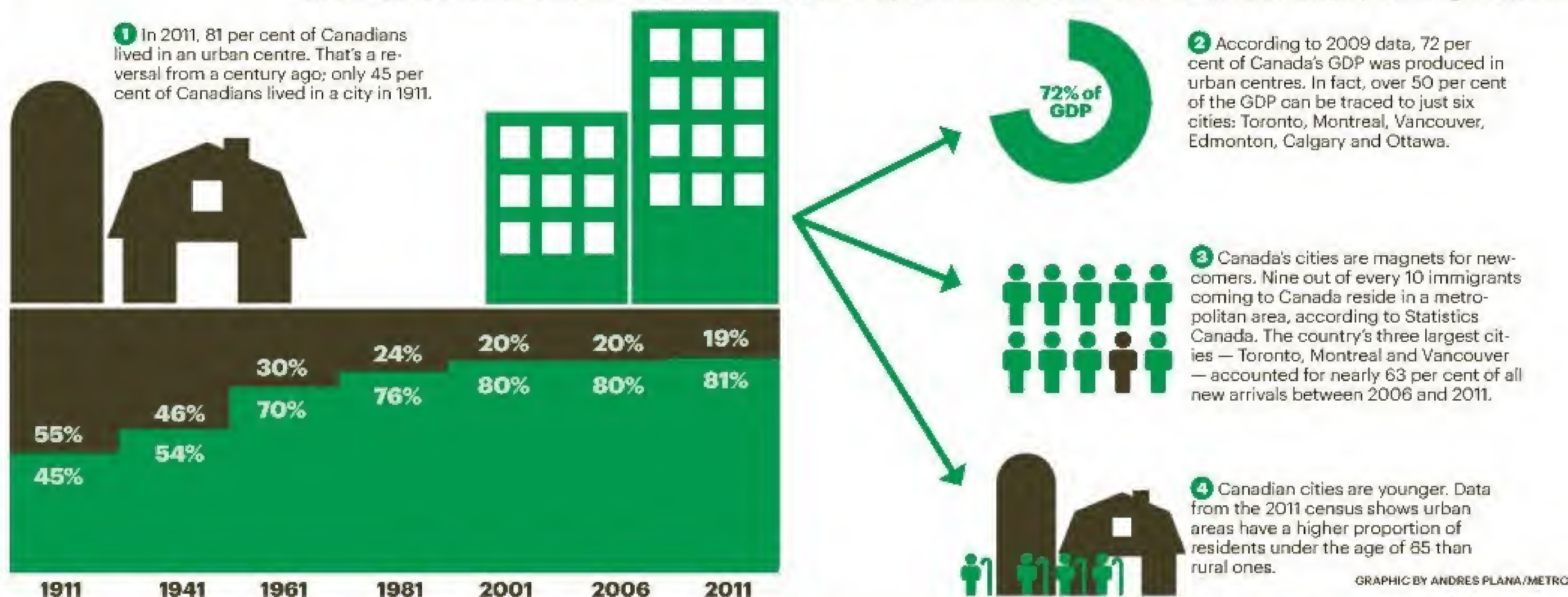
THE 2016 FEDERAL BUDGET

Rise of Canada's cities



Luke Simcoe
Metro | Toronto

The Liberals are billing Tuesday's big budget reveal as a step forward for cities and are expected to announce funding for much-needed municipal projects such as transit and housing. But why all the attention — and money — for our big cities? Experts say it's because Canada, like other countries, has become a truly urban nation, and Ottawa is finally taking notice.



REFUGEE RESETTLEMENT

Canadian plan called a model for the world

Canada's use of both government and private sponsors to help Syrian refugees resettle is a model that should be exported around the world, the head of the United Nations refugee agency said Monday.

Canada was the first of what's still only a handful of states that allow private groups to take on the costs and obligations associated with refugee resettlement, and it's an approach that ought to be tried elsewhere as the flow of displaced people from the Syrian

civil war and other conflicts continues, Filippo Grandi said.

"It adds more places for resettlement, but it also contributes to create this sense in civil society that it is a positive thing to do," Grandi said of the private sponsorship program in an interview.

He spoke ahead of a day of meetings with senior government officials, including Immigration Minister John McCallum, who will be a keynote speaker at the UN High Commissioner for Refugees' summit

on the Syrian crisis in Geneva next week.

Grandi is asking states to take in about 10 per cent of the estimated 4.2 million people who've become refugees from the Syrian civil war.

The Liberal government had committed to taking in 25,000 government-assisted refugees by the end of this year and have about 8,000 more to go towards that goal. But they have not set a firm number for how many Syrians they will admit through the private system.

McCallum had previously said Canada could absorb 35,000 to 50,000 Syrians.

"You won't hear a number from me today," he said.

"As our behaviour suggests, we are committed to the idea of refugees."

Under the Liberal program to resettle 25,000 Syrians by the end of last month, about 8,976 were privately sponsored and a further 2,225 were sponsored by a program that blends private and government support.

THE CANADIAN PRESS



Syrian refugee children play with playdough during a playgroup organized by Ottawa Community Health Centres to provide early childhood education development services.

JUSTIN TANG/THE CANADIAN PRESS

POLITICS

Ex-Toronto mayor Rob Ford in palliative care



Rob Ford TORSTAR NEWS SERVICE

Rob Ford's family is trying to make him as comfortable as possible as he continues to battle cancer in palliative care at Toronto's Mount Sinai Hospital, his office has confirmed.

"Family members have been with him around the clock," said Ford's brother and former city councillor Doug.

"I have been at the hospital for the last five days and nights by his side."

"Rob is a fighter and continues to fight. We are so

grateful for all the support for him from all over the world. It is incredible!"

The former mayor's condition hasn't changed since Thursday, when his office put out a statement. Palliative care is typically defined as health care for those facing life-threatening illness.

By Monday afternoon, more than 6,400 messages of sympathy have been posted to a site set up by his family, GetWellRobFord.com.

"Dear Rob: I've always ad-

mired your 'authenticity' & your down-to-earth humanity," wrote one user. C. Lee. "I'm sure it's not easy as your traverse this difficult passage but try to stay strong & positive."

Ford, who dropped his mayoral reelection campaign in 2014 due to illness and was diagnosed with pleomorphic liposarcoma, was readmitted to hospital last fall after doctors found tumours on his bladder.

TORSTAR NEWS SERVICE

EXPENSE SCANDAL

Arbitrator slashes owed amounts of 10 senators

One senator stayed overnight in Toronto to have breakfast with a reporter — seven times. Another repeatedly spent an extra day at a ritzy Fredericton hotel just in case constituents wanted to meet, but there's no evidence they did.

None of those flagged expenses should have been charged to taxpayers, a former Supreme Court justice said Monday.

Ian Binnie chalked the problem up to the senators' own

lack of knowledge about the rules governing their spending.

"That is the source of 80 per cent of the problems I dealt with: senators mixing personal and Senate business," Binnie said.

Binnie was appointed as arbitrator last May to oversee the cases. Binnie reduced the repayment bill for 10 of 14 senators who challenged their expenses, cutting their total bill to \$131,853 from \$276,566.

THE CANADIAN PRESS

THE 2016 FEDERAL BUDGET

What are you hoping for?

It's more than just a big number. The federal budget will affect the day-to-day lives of Canadians — helping or hindering them as they look for jobs, work to educate themselves or save to buy a home. The Liberals have promised support for the country's rapidly growing cities, so Metro asked people in each of its seven urban markets what they want — and need — to see in Tuesday's budget. **Here's what they said.**

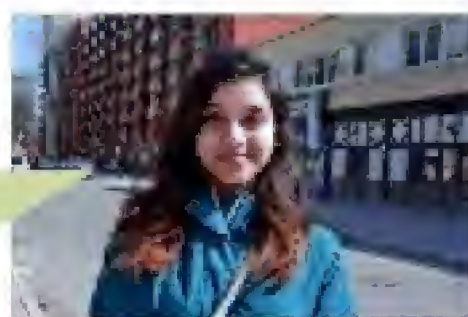


I would like to see more money given to post-secondary education, but also a renewed pledge to act on climate change.

ADRIAN CHOONG, 20, HALIFAX

'The roads in Ottawa need so much work. Public transit is doing well with the new O-Train coming, so I'd rather focus on roads and bridges.'

SUMAIYA NAWAR, 18, OTTAWA

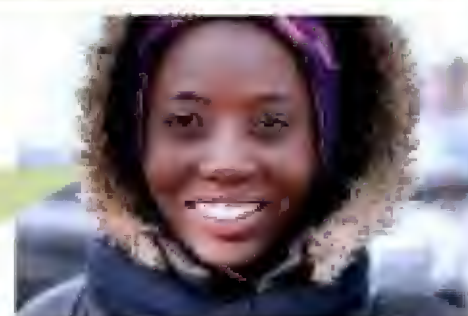


'Without a roof over one's head, it's really hard to make a life of any quality... If we don't do something about (affordable housing) now, it'll have severe consequences for generations.'

RACHEL LISSNER, 27, TORONTO

'There definitely should be money for the workforce... It will help the economy and get things flowing.'

TAMAR TCHICAYA, 33, CALGARY



'Strong transit systems make strong cities, and Winnipeg is trying to build one. But we need help. I hope we'll see that.'

CIARA MACKINTOSH, 32, WINNIPEG

'Right now, I'm just paying interest on my student loan ... not adding to the economy. If you want to build a strong economy with people who can contribute rather than just struggling, that would help.'

MARIA MAVROGIANNAKIS, 31, EDMONTON



'I want to see (Trudeau) follow through with his promise to legalize pot. If he taxes pot, and puts more tax on cigarettes and alcohol, it could bring in a lot of money.'

PETER LEVARSKY, 22, VANCOUVER

Will Trudeau keep his promises? Five things to watch for



Luke Simcoe
Metro | Toronto

During the election campaign, Justin Trudeau and the Liberals pledged to work on repairing the relationship with First Nations and invest heavily in Canadian cities and youth. As the government gets set for its big budget reveal Tuesday, these are some of the Liberals' key promises to keep in mind.

1 INVESTMENT IN INFRASTRUCTURE

The centrepiece of the Liberal platform was a \$60-billion investment in infrastructure, spread out over 10 years. The plan is to spend a third of the cash on transit projects, a third on so-called "social infrastructure," like affordable housing, and another third on environmental initiatives. The government has also suggested it may be willing to commit more than its traditional one-third share to infrastructure projects.

2 YOUTH UNEMPLOYMENT

Recent data from Statistics Canada shows the youth unemployment rate hovering at about 13 per cent — nearly double the national average. To deal with that disparity, Trudeau and the Liberals have promised a \$1.5-billion jobs plan that would create 40,000 new jobs for youth every year for three years.

3 STUDENT DEBT

Trudeau promised to inject about \$750 million a year into the Canada Student Grants program, which would raise the grants for low-income, full-time students to \$3,000 a year.

4 DEFICIT SPENDING

The Liberals distinguished themselves from other parties in the election by pledging to run a deficit in order to spend more on important programs. However, they said the deficit would be capped at \$10 billion, a promise that could be broken come budget day. Recent indications from Finance Minister Bill Morneau suggest the actual deficit could be double that or more, which complicates another Liberal promise: to balance the books by 2020.

5 INDIGENOUS COMMUNITIES

The Liberal platform contained a number of promises to Canada's First Nations communities, including a \$2.6-billion boost to aboriginal education funding and the promise of clean water for every indigenous community in four years. Some critics, including NDP MP Charlie Angus — whose riding includes the embattled Attawapiskat First Nation — have suggested the Liberals won't live up to their promises on the file, so this is definitely one area to watch on budget day.

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by Jason Logan

A WORLD WITHOUT LOVE IS A DEADLY PLACE.


HELEN FISHER

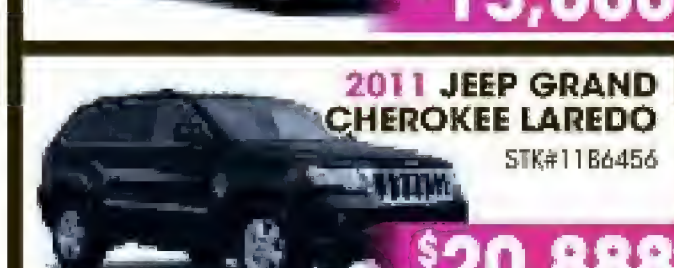
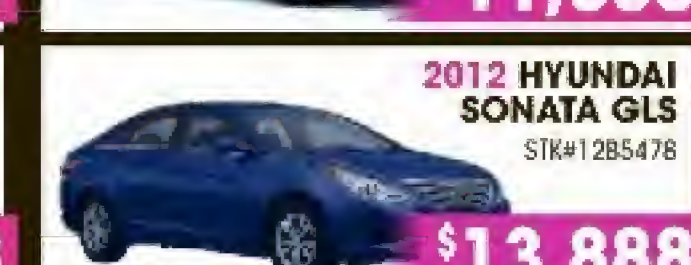
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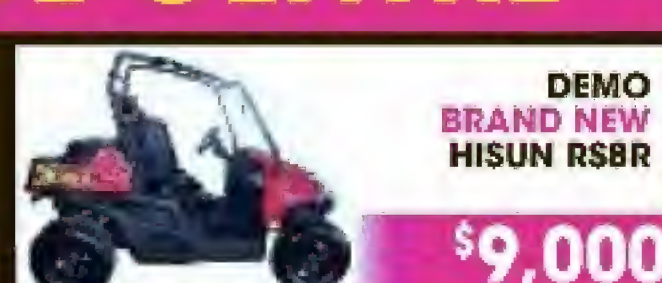
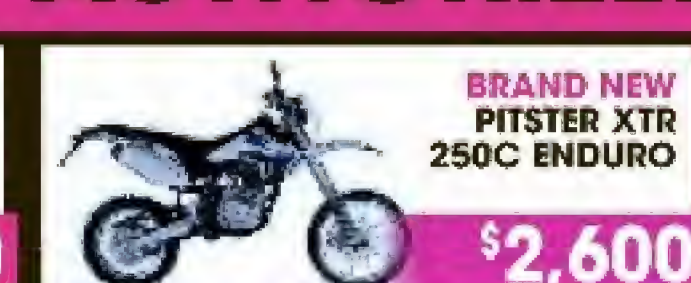
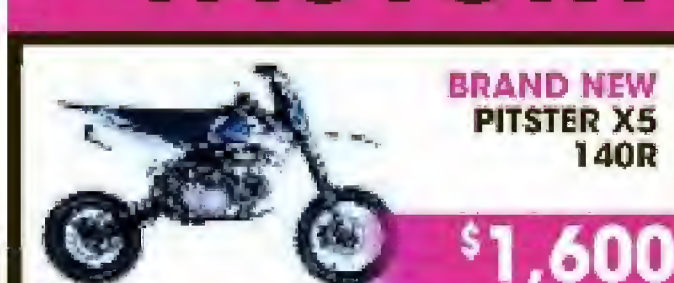
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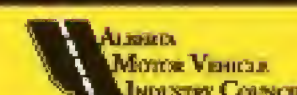
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The U.N. weather agency has found 2015 was record hot and the first two months of 2016 even hotter. "These records vividly illustrate the destructive power of an El Niño on climate change steroids," says climate scientist Katharine Hayhoe.

Girls, need some ladyshoes?

PRODUCT TEST

Adidas thinks women don't need their shoes to go the distance

Zoe McKnight
Torstar News Service

I get up most weekday mornings around 5:30 a.m.

I usually head out in the near-dark for a run through Toronto's west end, down to Lake Ontario and back. I occasionally see another runner but most often, I'm alone. I have run three marathons, each with an under-four hour finishing time. I'm now training for the 30-kilometre Around the Bay Road Race in Hamilton, Ont.

I'm not the fastest runner but I'm committed. I've worn through countless pairs of running shoes. It had never occurred to me that women's feet could be so different from men's that they needed their own shoe. I recently tried the Adidas PureBoostX, which the sports company says is the first and only running shoe designed specifically for women runners.

Finally, I thought. A shoe that understands me. A shoe that listens.

"Flawless look. Effortless feel. A women's running shoe like no other," is how the marketing material describes the PureBoostX, which were released earlier this year and retails for \$130 on adidas.ca.



Zoe McKnight takes the Adidas PureBoostX for a spin. TORSTAR NEWS SERVICE

But what is women's running? This sends me in a tail-spin of doubt. My own runs, during heat waves and rain and Toronto's annual Snowmageddon don't feel effortless. Black toenails and salt stains don't look flawless. Trust me.

I'm a bit skeptical but Adidas seems to market the women's shoe for distance running.

"The longer your runs, the more kilometres you log each week. And the longer you keep up your routine, the less you're

willing to put up with shoes created for a man," the company's Canadian website says.

During my first couple of test runs, including a hill repeat workout and an easy 10K to the lake and back, the shoes feel bouncy at first. But near the end I can feel the pavement a little too keenly.

As part of my race training, I was due for a 24-kilometre run. I wanted to see how the shoes would do. I ran along the Martin Goodman Trail from Park-

dale in Toronto to Long Branch Park in Etobicoke and then home.

By the halfway point the bounciness seemed to give way, especially under the midfoot and toes. It felt like my own body weight was crushing and flattening the foam sole. I found myself wishing I had the beat-up trail runners I'd been wearing all winter.

When I told Adidas about my experience, the company said through a spokesperson

ARCH SUPPORT

It's all about perception

Adidas wanted to build a shoe that moved with the foot, particularly around the arch. All testing and research focused on women using a size 7 shoe, rather than a men's size. That would keep the materials flexible, Angus Wardlaw, director of futures for Adidas, says. The new shoe's mesh upper wraps around the foot, leaving a gap under the arch, like compression tights but for feet. It's called a 'floating arch.' According to comments an Adidas official made on the website, arch support for the PureBoostX happens on a "proprioceptive level." Proprioception is running jargon that refers to a body's sense of its own position and movement. I gather that means support is more about perception.

ZOE MCKNIGHT/TORSTAR



that my discomfort wasn't surprising, since the shoe is

really designed for distances between five and 10 kilometres, for women who include running as part of a larger workout routine.

I also spoke to an Adidas official about the rationale behind the shoes.

Distance running was once predominantly a man's sport but due to a "dramatic shift

over the last 10 years," women now outnumber men in North American road races, Angus Wardlaw, director of futures for Adidas, told me.

"It's moved this big, fundamental shift away from the serious, competitive aspect to much more of a social aspect dominated by female runners," Wardlaw says.

While it's true more men than women enter marathons, more women than men enter road races at all other distances, according to a report from Athletics Canada. American races have seen the same trend.

But the marathon boom has included women. In the U.S., just one in 10 marathon participants were women in 1980. In 2015, it was more than four in 10, according to Running USA. And more women than men enter half-marathons, no small feat at 21.1 kilometres.

Hmm. The half-marathon — or in my case, the 30K, which organizers told me was an even split between male and female participants this year — still seems like serious running. So women are less competitive than men? Really? Somehow I don't think Lanni Marchant wanted to qualify for the Rio Olympics any less than Eric Gillis.

I like the idea that a sports company is catering to women — Adidas insists it has big plans for the future of women's running — but not what this shoe seems to imply: that we don't seriously want to run.

We just want to feel like runners.

"I like preparing healthy and tasty food that gives our customers one big reason to feel good that day."

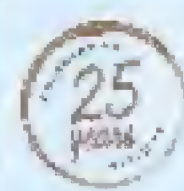
— Jan Cadra, Baker

Jan started with Good Earth in May of 1995, and has been baking with us ever since. He's proud of the healthy food he prepares for our customers. Jan's favourite menu item to make (and eat) is the Southwest Bake. Not only is it colourful, but it tastes really good!



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HEALTH BRIEFS**Meditation linked to healthy weight**

When embarking on a diet, the focus is usually on healthy eating and exercise. But here's a look at some of the recent scientific studies that have found meditation beneficial to maintaining a healthy weight:

- Researchers from Vanderbilt University School of Medicine, USA, recently found mindfulness meditation beneficial to the prevention and treatment of obesity in children.

- A French NutriNet-Santé study from December 2015 revealed that regular meditation could reduce the risk of obesity by 50%.

- A national survey of 1,000 participants conducted by Orlando Health in December 2015 found that successful weight loss was dependent on the management of emotions and psychological well-being.

- People who pay more attention to their thoughts and feelings in the present moment had lower levels of abdominal fat, according to an American study published in October 2015.

AFP

ILLNESS**Testicular cancer no death sentence**

Testicular cancer is the most common form of the disease in young males and a new study out of the University of Calgary is showing a cure rate of almost 100 per cent in patients who are disease-free two years after diagnosis and treatment.

About 1,000 men are diagnosed with testicular cancer every year and if it is caught early, the survival rate is 99 per cent.

But in those cases where the disease has spread to other parts of the body the prognosis varies and scientists say the survival rates for men with advanced metastatic testicular cancer ranges from 50 to 90 per cent.

Researchers at the university collected data from about 1,000 metastatic testicular cancer patients over a 12-year period and found that there was a 98 per cent cure rate for those men who were free of the disease two years after diagnosis and treatment.

"This is a paradigm shift for men with advanced testicular cancer," said Dr. Daniel Heng, a clinical associate professor at the

University of Calgary's Department of Oncology. "For many cancers, the five year mark has been the gold standard. Only when you've passed the five-year mark are you thought to be at a very low risk of relapse."

"That actually relieves a lot of anxiety for a patient," said Heng. "And now we can tell them, after two years, if you're good, you're probably golden and you don't need any more CT scans."

Patients recovering from the disease typically have a CT scan every three months in the first year, every four to six months in the second and annually after that for five years following treatment.

Scientists say the new study now suggests that monitoring the patient through CT scans can be discontinued after two years of disease-free survival along with the associated blood tests and physical exams.

Doctors say the best defence is still a strong offence and men should conduct regular self-checks regardless of whether they've had a cancer diagnoses or not. **THE CANADIAN PRESS**

TWO YEARS AND YOU'RE CLEAR

Secret to rocking the 'squatty potty'**FITNESS****A supported twist to this basic human position**

YuMee Chung
Torstar News Service

Have you heard the news? Squatting is the new black.

It seems the benefits of deep squats are being touted by everyone from yoga teachers to CrossFit coaches to doctors, midwives and birth doulas. This complex movement is said to improve the condition of the pelvic floor, strengthen gluteal muscles, contribute to ankle mobility and enhance core stability.

If squatting is a foreign concept to you, give our supported version a try. All you need is a couple of towels or

yoga mats and a desire to reclaim this basic human movement pattern.

The Supported Squat

1. Perch your heels on a tightly rolled towel or yoga mat. The feet will be about shoulder distance apart and facing in the same direction as the kneecaps.

2. Place another rolled towel or yoga mat behind the fold of your knees as you squat down.

3. Maintain a neutral curve in your low back by tilting the pelvis forward and sticking out your backside. By the way, this is the secret to rocking the "squatty potty."

4. Provided your knees are comfortable here, hang out in your supported squat for a minute or two.

As your comfort with this exercise increases, decrease the size of the prop under your heels and behind your



YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

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REPRODUCTION

Fertility book updated after author uses own expertise

Rachel Lehmann-Haupt starts her memoir with a breakup. She ends it with a baby.

In her newly updated book, *In Her Own Sweet Time: Egg Freezing and the New Frontiers of Family*, Lehmann-Haupt charts her decade-long journey of researching women's fertility, making decisions about having a baby as a thirty-something single woman and her roller-coaster ride in searching for Mr. Right. The mission sends her to meetings for Single Mothers by Choice, offices of fertility specialists, online for sperm shopping and on operating tables to retrieve her eggs.

Lehmann-Haupt, now 46 and a mom to a 3-1/2-year-old boy, was reached by phone from her home in California.

Why did you want to update your book? Why not write a new one?

Mostly because I made a big

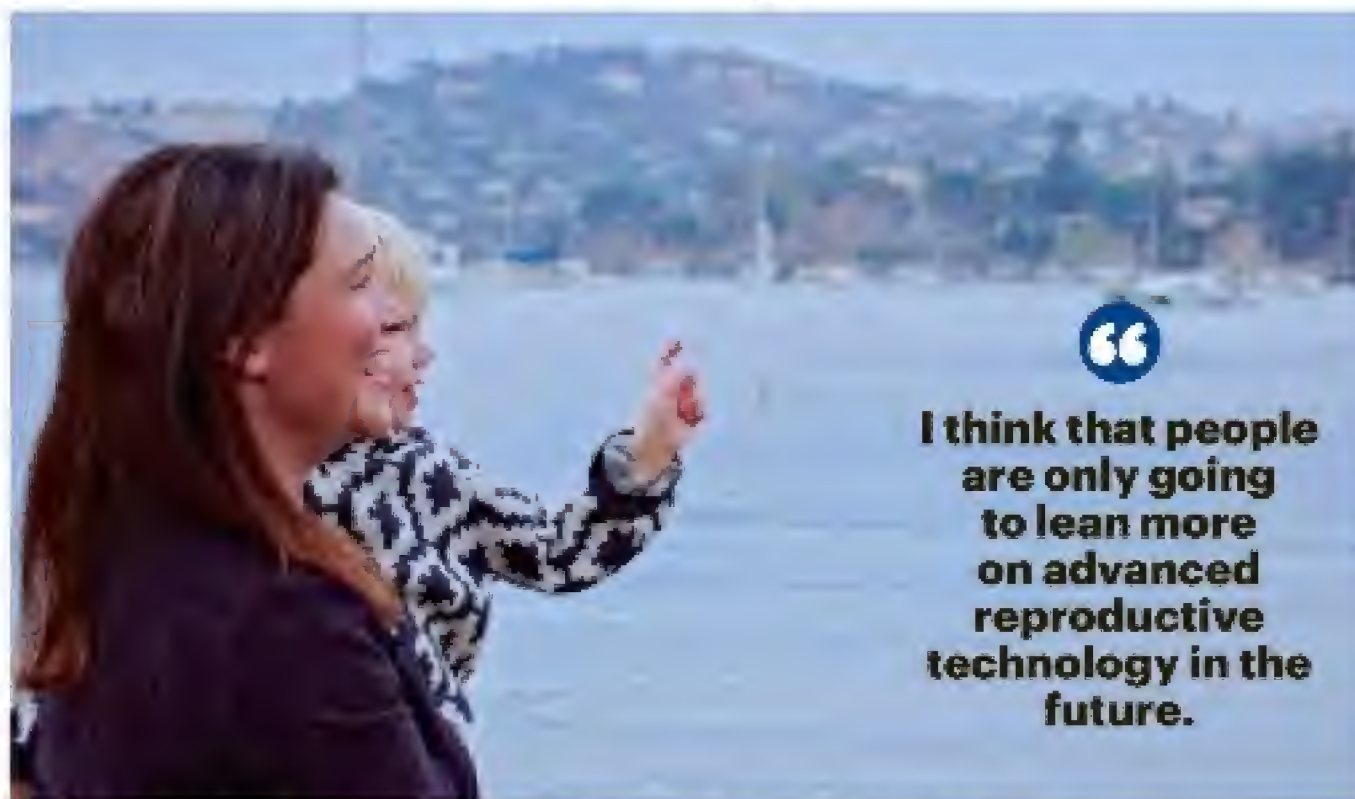
decision when I turned 40 — I decided to have a baby on my own as a single mom by choice. And the trends in *Her Own Sweet Time* focuses on just kept intensifying. Every week people would send me articles about the rising age of parenthood, studies about the fact that so many women over the age of 35 are choosing to have children on their own and that single motherhood is becoming a symbol not of instability but of women's economic stability in the new modern family.

Where did you leave the book in 2009?

I was single still. I was living in New York at the time. I was 39 or 38, I'd had my eggs frozen and I was optimistic about the future. Recovered from a breakup and trying to figure out my next move, as I was on the runway to 40.

In terms of advances in IVF, what have you seen change from 2009 to now?

The really big progress that has been made is that in 2009, egg freezing was still considered experimental technology. The American



Rachel Lehmann-Haupt, 46, is seen with her son Alexander. The writer has a book out about women's fertility and reproductive technology. AMANDA MATHESON/CONTRIBUTED

Society for Reproductive Medicine (ASRM) had the experimental label on it even though it was being offered by endocrinologists in clinics across the country and marketed pretty heavily. In 2012 the ASRM took off the experimental label and said it's a viable reproductive technology. **Where do you think the fer-**

tility landscape is going to go from here?

One in eight American couples now experiences infertility or has trouble sustaining a pregnancy. The Centers for Disease Control and Prevention (CDC) put out a report in January saying that the (mean) age of motherhood continues to rise.

“I think that people are only going to learn more on advanced reproductive technology in the future.”

The data showed that the percentage of women having their first child between ages 30 and 34 rose to 21 per cent in 2014, up from 16.5 per cent in 2000. The CDC also reported the birth rate for unmarried women has now declined, except among women 35 and older. I think that people are only going

to lean more on advanced reproductive technology in the future.

You talk in the book about young women being un-informed about their fertility. Is that still true?

It's still true. Even your regular OB/GYN doesn't typically talk to women about their fertility. Usually that conversation doesn't happen until they've run into fertility problems.

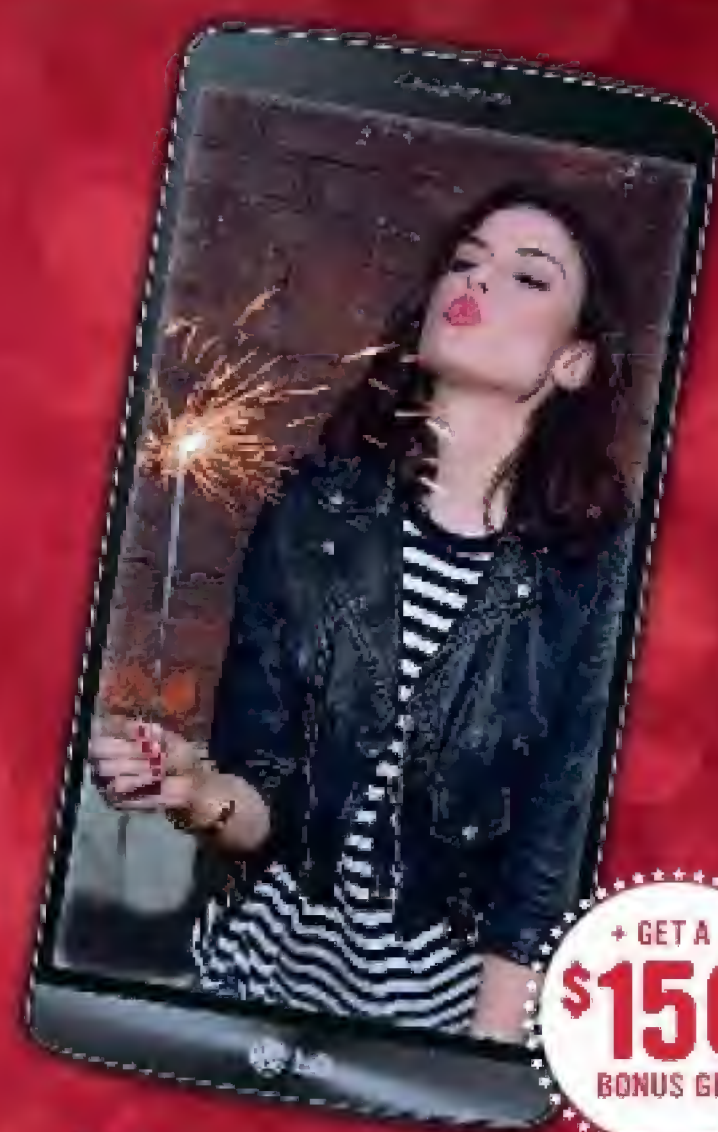
How are things going for you and your son now?

Things are going great. And I'm not just saying that. I think that choosing to have a child on your own is challenging but I have a really good job and I'm a little older and I'm in a much stronger financial position to provide for Alexander.

What do you hope people take away from this book?

Just that there are a lot of options. You take these stories and this data and you apply it to your own life but, ultimately, you are your own guide.

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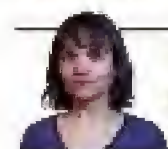


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Accessible surfing is making waves

EVENT

Therapist aids those with spinal injuries to ride waves



Yvette d'Entremont
Metro | Halifax

For people who have struggled to come to grips with the phrase 'You'll never walk again,' learning to surf can be a life-altering experience.

Over the past few years occupational therapist Paula Green has dedicated much of her free time working to make that experience a reality for Nova Scotians with spinal cord injuries.

The Lawrencetown resident and mother of three is one of the leading forces behind SurfAble, a non-profit organization that officially formed three months ago.

SurfAble grew out of Green's brainchild event held in 2014 in partnership with Life Rolls On. That California-based organization founded by Jessie Billauer is "dedicated to improving the quality of life for young people affected by spinal cord injury" using action sports.

Green and her husband are avid surfers. She submitted an application to request Billauer's non-profit help stage a Nova Scotia-based surf event for people with spinal cord injuries.

It took a few years to make it happen, but Green and a committee of like-minded people raised \$55,000.

Those funds helped make Martinique Beach accessible and brought four people from Life Rolls On to the province to teach the community the skills needed to put on the event.

It also helped them link with sponsors to buy equipment like beach wheelchairs, adaptive surfboards and beach mats.



Paula Green, an avid surfer, has spearheaded SurfAble, a non-profit that helps people with spinal cord injuries get out into the ocean to surf. JEFF HARPER/METRO

"I worked on it every single day for a year after we decided we were going to make it happen, but I didn't work alone," Green insisted.

"There was a lot of time that went into it because we were starting from scratch."

The tasks faced by Green and her committee included modifying wetsuits through a medical supply

company and working with a local surf shop to modify surfboards with rails and handgrips.

CATCH THE WAVE

The Canadian Surfing Association is looking at establishing a team of athletes who could compete nationally and have approached SurfAble to join them.

The 2014 event brought 18 surfers and 120 volunteers to Martinique Beach, in addition to many in wheelchairs who came to watch.

For some, it was the first time they'd been able to access a beach since their injury years or

decades before.

Green said the happy stories from that day are with her still.

"One volunteer (Alex Chandler) was with surfer Paul Vienneau and at one point he bailed into the water and Alex immediately bolted to grab him out of the water and Paul said 'Step back man. This is the first time I've been in the ocean since my accident. Just let me float here for a minute,'" Green said.

"Alex took a step back and he realized the magnitude of what he was experiencing... After the event, Paul said, 'I'm

so happy that this event happened.' He said it wasn't about adaptive surfing, it was just about surfing."

The group couldn't host an event in 2015, but now that they've formed as a non-profit, the 2016 SurfAble event is ready to roll on Aug. 20 at Martinique Beach.

"We've had a huge national and international response from the first event. We've had people call us from India who've heard about it," Green said.

"I think it's something that

people will plan their vacations around. We're hoping and expecting to have a much larger turnout this year."

Green was also recently contacted by the Canadian Surfing Association about the possibility of establishing a Canadian team of adaptive surfers who could compete internationally.

"That's where I see it going. I hope we can link up with the folks on the Pacific side," she said. "It would be nice if this could be a coast-to-coast thing and the newest Canadian sport, adaptive surfing."

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ROMANCE

Be your best the first time you meet

Sofi Papamarko
Torstar News Service



First dates are a lot like job interviews: exciting in theory, horrible in practice. The nerves! The pools of armpit sweat! The stilted conversation! The compulsion to start swiping on Tinder halfway through (don't worry, they won't notice!)

Unless you want to be alone forever, it's impossible to avoid the awkwardness and awfulness of first dates. That said, you certainly can avoid making the date awful for the other person. Here are some tips that will help you be a great first date and avoid becoming an eye-rolling cocktail party anecdote.

Ask questions

Pretty basic, right? Still, you'd be amazed at how many people will prattle on about themselves without asking their companion anything about their own lives. The whole purpose of a date is to get to know another person. How can you do that if you're bragging non-stop about your high school sports achievements? (But hey, congratulations on almost winning the rugby finals in 1998!)

Make eye contact

This is tougher for some people than for others, but making frequent eye

contact is essential to creating an early bond with another human being. Your smartphone is indeed fascinating, but do what you can to occasionally meet your date's gaze.

Smell reasonable

Have you showered or bathed at any point in the last 48 hours? How about brushed or flossed? Go do that. Also, don't try to overcompensate for lack of hygienic ritual with perfume/cologne/body spray. If you're wearing enough of the stuff to become The Human Torch or asphyxiate a small yak, you're not probably making an ideal first impression.

Bank emergency conversation starters

Awkward silences happen. Before your date, come up with three or four conversation starters for when things lag. Lighthearted questions, pop culture references and current events are all great ways to resuscitate a conversation. Do not talk about the weather. Never talk about the weather.

Avoid mentioning your ex

The jettisoning of emotional baggage is for Dates 4 through 6.

Listen to what they have to say

Contrary to popular belief, social interaction isn't about waiting for your turn to talk.

Don't talk about your fertility window, openly fantasize about your future wedding and

whether or not you'd consider hyphenating your last name/s or what your adorable future babies will look like

Your date will run far, far away — and will be right to do so.

You are not entitled to a free dinner

Or free drinks. Or a free movie. It's always nice when the other person treats, but this is an expensive city and buying dinners and movies and drinks for every new person you meet just isn't financially viable. That said, if you really liked them and you were the one to suggest the date, picking up the tab is a hero move.

Be polite to waitstaff

How people treat waitstaff is a great litmus test for how kind/respectful they are to other people in everyday situations. When someone is rude to the server, I end the date after appetizers. ("Really great meeting you!")

Embrace getting to know someone new

Maybe you're not attracted to them. Whatever! Instead of mentally checking out the second you realize a lifetime of passion isn't in the cards, embrace the opportunity to engage with a person who might have interesting stories to share or who might offer brave new perspectives you've never considered.

Sofi Papamarko is a writer and matchmaker who lives in Toronto. Reach her at hisofi@gmail.com

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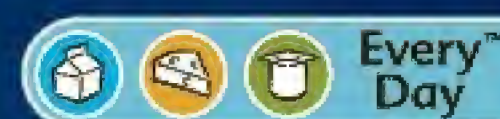
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- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
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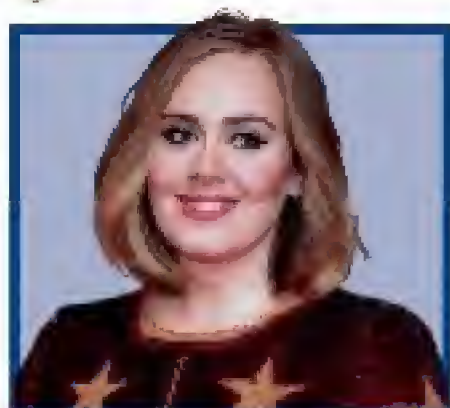
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If you want a No. 1 song, you better keep it brief



TRENDS

Track titles are shrinking according to new study

Hello pop stars of the world: we're Sorry if this sounds Rude, but it's become clear Here that long song titles are simply no longer in Style.

A new study by Priceonomics proves that we've entered a brave new era of brevity in pop music, where one-word wonders keep the charts Happy and long-winding tune names Don't often Work.

"The music industry has gotten very precise and they do every little thing at the margins to make the chances of the investment succeeding as high as possible," says Dan Kopf, who authored the study.

Yes, pop music is losing its characters, and a look through history shows it was a long road to such short titles.

Kopf found that single-word titles comprised only 8.8 per cent of Billboard Hot 100 songs in the 1960s, a decade that featured such No. 1s as I Want to Hold Your Hand and (Sittin' On) The Dock of the Bay. That number climbed to 9.7 per cent in the 1970s, 11.1 per cent in the 1980s and 13.2 per cent in the 1990s.

With the turn of the millennium, the brevity movement really found momentum. In the 2000s, 19.9 per cent of charting singles featured a one-word title and, so far this decade, it's an unprecedented 23.2 per cent.

And single-word singles aren't just charting more, they're charting higher. Since 2010, 28 per cent of songs reaching the top 20 had a one-word title.

The age of pithy pop extends beyond just the one-word hits; the average length of a Hot 100 song title has shrunk from 3.76 words in the 1960s to 2.72 this decade.

Kopf figures it's the economy fuelling all this newfound economy. "I believe it's the result of the Internet and the digital age, and the emphasis on the single away from the album," he mused.

The all-time King of Curt is Drake, whose average of 2.47 words per song title renders the perennially ahead-of-the-curve rapper the most succinct star in the 50-year-plus period Kopf examined.

Taylor Swift is just behind him with 2.48 words per title, followed by Justin Bieber (2.53), Rascal Flatts (2.68) and Madonna (2.82).

"Drake is sort of the ultimate modern pop artist, and he seems so aware of what works and what people are looking for in contemporary music,"

Kopf said.

Well, he has competition in concision from Vancouver garage-punk duo the Pack A.D. (pictured second from right), who produce songs that are fat-free, in both sound and title.

Their last album, 2014's Do Not Engage, averaged 1.6 words per song title, and 2011's Unpersons a mere 1.5 words per

title.

"We always take the song titles from the chorus... and we've been very guilty of using one or two words on repeat in our choruses," laughed drummer Maya Miller, whose band just released the single So What.

"It's what gets stuck in your head, I guess," she said.

"It seems to me you want it to be short. Usually, it's easier for people to only read one or two words instead of five or six. Maybe you assume no one has time for five or six words."

At the other end of the short-and-sweet spectrum lies Toronto fuzz-folk outfit the Wooden Sky.

Their most recent record, 2014's Let's Be Ready, let its hair down with 4.0 words per song. Singer Gavin Gardiner had never really pondered the issue at any, you know, length.

"Song titles, book titles, or short stories: (long titles) seem to add more gravity or weight," he suggested. "Maybe having a long title makes it feel less disposable. Maybe it makes sense that things are becoming shorter and feeling more disposable."

Still, with a new album in the works, that's not his last word on the subject.

"Maybe I'm just going to have to change my attitude on things," he said with a laugh.

TORSTAR NEWS SERVICE

MUSIC

Billboard brevity by the numbers

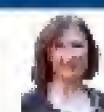
• **Shortest-titled single on Hot 100, week of March 26, 2016:** No, Meghan Trainor (No. 11)

• **Longest-titled single on Hot 100, week of March 26, 2016:** I Know What You Did Last Summer, Shawn Mendes & Camila Cabello (No. 71)

• **Number of single-word chart-toppers in the 2010s:** 17

• **Shortest-titled chart-topper of the 2010s:** E.T., Katy Perry

• **Longest-titled chart-topper of the 2010s:** We Are Never Ever Getting Back Together, Taylor Swift



JOHANNA SCHNELLER
WHAT I'M WATCHING

Bad characters break good shows

THE SHOW: Mozart in the Jungle, Season 1, Episode 5 (Shomi)
THE MOMENT: The Crazy Wife

Excitable New York orchestra maestro Rodrigo De Souza (Gael Garcia Bernal) begs his assistant Hailey (Lola Kirke), an oboist, to promise him that "under no circumstances will you allow me to go backstage" after the performance they're about to watch.

Because the violinist is his estranged wife, Anna Maria (Nora Arnezeder).

The curtain parts. A gorgeous blond demon with raccoon eyeliner saws away. The audience applauds. "Shut the f— up!" she shrieks.

Of course, Rodrigo goes backstage. He and Anna Maria veer between catching up ("It's nice for one's technique to practice bowing on a floating ice shelf" in Greenland," she says); arguing ("Does it bring your ego pleasure, making dead music remarkable only for its artifice?" she snarls); and necking.

When Hailey interrupts, Anna Maria flies at her.

As Hailey and Rodrigo exit, swearing follows them down the hall. "I told you not to let me go in!" Rodrigo says.

Sigh. Up to now, I'd been high on this series, about the backstage lives of professional musicians. I love seeing their apartments, bed hops, bad habits, freelance jobs (recording soundtracks for slasher films, playing in the pit of rock musicals). Some plot lines teetered on the edge of whimsy, but the terrific direction — by the likes of Paul Weitz and Bart Freundlich — kept it in check.

Until Crazy roared in. Just as a great character can make a series, a disastrous one can break it.

Swear at me all you want, Anna Maria, but please go back to Greenland. Soon.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Nora Arnezeder plays Anna Maria, the estranged violinist wife of Gael Garcia Bernal's Rodrigo in Mozart in the Jungle.

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2	7	4	8	9	6	5	1	3
8	3	9	4	1	5	2	6	7
4	6	5	9	8	7	3	2	1
7	8	3	1	5	2	9	4	6
9	1	2	6	3	4	7	8	5

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NHL Flames snuffed by Leafs

The biggest night of William Nylander's young career propelled the Maple Leafs to another victory.

Nylander had the first three-point game of his NHL career, scoring his fourth NHL goal and adding two assists in a 5-2 win over the Calgary Flames on Monday night. The performance came two days after the 19-year-old registered his first career multi-point effort in a win over Buffalo.

P.A. Parenteau, Zach Hyman, Colin Greening and Josh Leivo also scored for the Leafs (26-35-11), who have won four of their past five games and five of their past seven outings. Former Leafs Matt Stajan and Joe Colborne scored for Calgary (31-36-6).

Jonathan Bernier made 23 saves to best Jonas Hiller, who gave up three goals on 24 shots.

The Leafs controlled play early and Parenteau opened the scoring with his 18th goal of the year.

Stajan eventually evened the score in the second, with his second goal in three games, a short-handed marker that was whipped under the bar past Bernier.

Hyman put the Leafs back in front four minutes after the goal from Stajan, redirecting a Nylander shot for his fourth goal in 12 NHL games.

Nylander gave the Leafs their third and final lead moments into the third period, whistling a Jake Gardiner one-time pass beyond Hiller with Hyman parked in front. Greening and Leivo added empty-netters. THE CANADIAN PRESS

Jordan Herdman
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SIMON FRASER UNIVERSITY

Herdman's career could be doctor or linebacker

Jordan Herdman has become a master of time management. The six-foot-two, 231-pound Simon Fraser middle linebacker has been the Great Northwest Athletic Conference's top defensive player the past two seasons. What's more, the Winnipeg native is carrying a 3.99 grade-point average in biomedical physiology kinesiology, leading all football players on the GNAC's all-academic squad.

Herdman's GPA is out of a possible 4.33, with the average undergraduate grade for his major being 2.7. But such excellence comes at a price — namely a lot of nights burning the midnight oil.

"It's very exhausting and tough," Herdman said during a telephone interview. "You've just got to be very disciplined in time management and make sure you're focused on getting those things that need to be done finished on time."

Herdman's day typically begins at 5:45 a.m. to make Simon Fraser's 7 a.m. football practice. After the two-hour session, Herdman has about 30 minutes to make the first of his two morning classes.

After a two-hour break, Herdman is off to a two-hour lab that begins around 1:30 p.m. When class is over, Herdman hits the gym at 5:30 p.m., arriving home around 8 p.m. After dinner, he's back in the books until about 1 a.m.

Herdman won't necessarily be finished studying upon graduation. He'd

like to attend medical school and study radiology while also chasing a pro football career. Herdman is eligible for the 2017 CFL draft but also wants to pursue NFL opportunities.

"I'd love to play in the NFL, that's always been my dream, but I definitely want to try to pursue a pro career," he said. "I'd like to do both (med school and football) but I'd probably have to see just how demanding football was at the time. I think about it (pro football career) all the time."

Herdman — whose twin brother, Justin, is also an SFU linebacker carrying a 3.55 biomedical physiology GPA

— was a finalist for last year's Cliff Harris Award, given annually to the top U.S. small college defensive player.

Jordan Herdman is two minutes older than Justin but the two are inseparable. Their father, James Reed, was a former NFL,

USFL and CFL linebacker.

"They're very special human beings and if people could spend a day in their shoes and see the way they approach life, they'd see that," said SFU football coach Kelly Bates. "They have the grades that if they don't wish to play professional football they'll both be doctors ... their time management skills are amazing."

"When I speak to schools I use them as our prototype of people you want to aspire to be like. If my daughters were of dating age I'd ask they find two men like that."

Jordan Herdman's top individual goal this season is winning a third straight defensive player award but would gladly relinquish that achievement for more team wins. Simon Fraser was 0-9 last season and has managed just five victories the last three years.

"I'd just like us as a team to do better overall," Herdman said. "That's what I'd like to see, hopefully help turn this program around a little bit."

THE CANADIAN PRESS

IN BRIEF

Crosby's NHL star of week
Pittsburgh Penguins centre Sidney Crosby has been named the NHL's first star of the week as he continues his resurgent second half of the season.

Crosby had two goals and five assists in four games as the Penguins (40-24-8, 88 points) extended their winning streak to six games.

Los Angeles' Jonathan Quick went 3-0-0 with a 1.32 goals-against average, .953 save percentage and one shutout to earn second-star honours. Calgary centre Sean Monahan had five goals and two assists for the third-star award.

THE CANADIAN PRESS

Simmons to enter draft

LSU freshman forward Ben Simmons, who led the Tigers in scoring, rebounds and assists this season, says he is leaving the Tigers to turn pro.

Simmons, who made his announcement in an interview published Monday by ESPN, says he will soon hire an agent and enter the NBA draft, for which Simmons has been widely projected as a top overall pick.

THE ASSOCIATED PRESS

Rugby star dies at 35

The Canadian rugby community was left in shock Monday at news that former international John Cannon died Saturday at 35 of a suspected heart attack.

Cannon, a hard-nosed centre, was a member of Canada's squad at the 2003 Rugby World Cup and won 31 caps for Canada between 2001 and 2007. He played professionally in England for Rotherham, Doncaster and Coventry.

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Weary Canada falls to Russia

WORLD CHAMPIONSHIP

Carey and Co. stumble in final frames in first defeat

It was a frustrating, tiring morning for Chelsea Carey at the women's world curling championship.

The Canadian skip dropped a 6-3 decision to Russia's Anna Sidorova on Monday morning in Draw 6 action at the Credit Union iPlex in Swift Current, Sask. Carey missed shots in the seventh, eighth and ninth ends as the win slipped from her grasp.

"I just didn't sleep last night and I wasn't in a great head-space and I fought hard to get there and I just couldn't get it together," Carey said.

Russia (3-1) used a conservative style in the early going and capitalized on a missed takeout by Canada (3-1) in the seventh end for a decisive two points. Sidorova, with the hammer, threw an easy draw for two and a 4-3 lead.



Team Canada, led by Chelsea Carey, right foreground, fell to Anna Sidorova's Team Russia in Draw 6 of the women's world curling championship on Monday in Swift Current, Sask.

JONATHAN HAYWARD/THE CANADIAN PRESS

"I missed one shot and that really turned the tables," said Carey. "If I make that shot it totally changes the momentum of the game. We weren't able to recover."

Canada was too light on its attempt at a tap in the eighth end, giving Russia another point.

The struggles continued for

"It's not so much frustrating that we lost, it's that we handed it to them."

Chelsea Carey

Carey in the ninth end as she failed on an attempted triple takeout. Instead, Russia stole a point to make it 6-3 heading to the final end.

Sidorova kept the house clear in the 10th end, with the Canadians shaking hands with a stone still to throw.

"I was really tired this mor-

ning, which didn't help anything," said Carey. "That's not necessarily enough to cause you to lose."

"It's not so much frustrating that we lost, it's that we handed it to them."

Carey's Calgary-based rink had been the last undefeated team at the tournament as Japan (3-1) was upset by Denmark (2-2) earlier in the same draw.

Sidorova is a two-time European champion and has won bronze twice at the world championships while Carey is making her debut at this event. Canada hasn't won world women's gold since 2008.

"We're happy to win against Canada because you guys have the greatest team in the world," said Sidorova. "This is a big win for us. But it means nothing, as we still have lots of games to play."

THE CANADIAN PRESS

Go to metronews.ca for coverage of Canada's late draw against Sweden's Margaretha Sigfridsson.

IN BRIEF

WTA Tour CEO alarmed by criticism of women's game

The former tournament director at Indian Wells who now runs the WTA Tour calls his successor's critical comments about women's tennis players "disappointing and alarming."

Before Sunday's final at the BNP Paribas Open, current tournament director Raymond Moore said that women "ride on the coattails of the men." He later issued an apology.

Moore's longtime colleague at Indian Wells, Steve Simon, became the WTA's CEO last fall.

THE ASSOCIATED PRESS

PF Davis unlikely for Rio

Anthony Davis virtually ruled out playing for Team USA in this summer's Olympic Games on Monday as he prepared to begin treatment on knee and shoulder injuries that have ended his fourth NBA season early.

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BLUE JAYS

Shapiro sees pluses in losing sluggers

Jose Bautista already told the Toronto Blue Jays what it'll take to keep him. Edwin Encarnacion doesn't think he'll be back next year.

It's too early for the defending AL East champs to worry about losing their biggest sluggers. Then again, letting Bautista and Encarnacion walk — after a season the organization and its fans hope ends with a World Series title — could still have a positive impact on Toronto's future.

"If you deduct that from the payroll and you're still a contending team, you're going to add back players that offset (the loss) and obviously you get draft picks," Blue Jays president Mark Shapiro said Sunday. "Those aren't things we're thinking about now."

Bautista, a six-time all-star, made it clear when he arrived for spring training that he wants a big raise. Something



Jose Bautista and Edwin Encarnacion hit 40 and 39 homers respectively last season. THE ASSOCIATED PRESS

like \$150 million over five years might be his goal. The 35-year-old right fielder will make \$14 million this season.

The 33-year-old Encarnacion will earn \$10 million this season and he told the Toronto Sun he doesn't think he figures into the team's future. Encarnacion, a two-time all-star first baseman/designated hitter, has not appeared in a spring game due to injury.

THE ASSOCIATED PRESS

"Every decision needs to be looked at with the collective landscape of the entire team."

Mark Shapiro

RECIPE Tomato Soup



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Let's just get this out of the way: yes, it's a lot of garlic. Yes, roasting will turn the tomatoes and the garlic into caramel-y, sweet heaven and yes, you'll end up addicted to this soup.

Ready in
Prep time: 5 minutes
Cook time: 1 hour 20 minutes

- Ingredients**
- 8 plum tomatoes, halved
 - 6 cloves garlic, peeled
 - 3 Tbsps olive oil
 - sprinkle of sea salt
 - pinch of pepper
 - 3 Tbsps butter, divided
 - 1/2 cup of chopped sweet onion
 - 4 cups vegetable broth
 - 2 tsps fresh rosemary
 - 1 Tbsp spelt flour

Directions
1. Preheat oven to 400. In a large baking dish, arrange tomatoes

and garlic and then drizzle with olive oil, salt and pepper. Roast tomatoes for one hour, stirring occasionally. Remove dish from oven and allow to cool.

2. Meanwhile, put 2 Tbsps butter into a large saucepan over medium heat. Add onion and rosemary and sauté until onions are translucent. Add broth and tomato mixture. Cover and allow to simmer for about 20 to 25 minutes, stirring occasionally.

3. Working in batches, transfer soup into a food processor to puree. You can also use an immersion blender. Return soup to saucepan.

4. In a small, separate frying pan, melt 1 Tbsp of butter over low heat. Add flour and whisk until blended. Blend roux into soup and season to taste with salt and pepper and simmer for another few minutes.

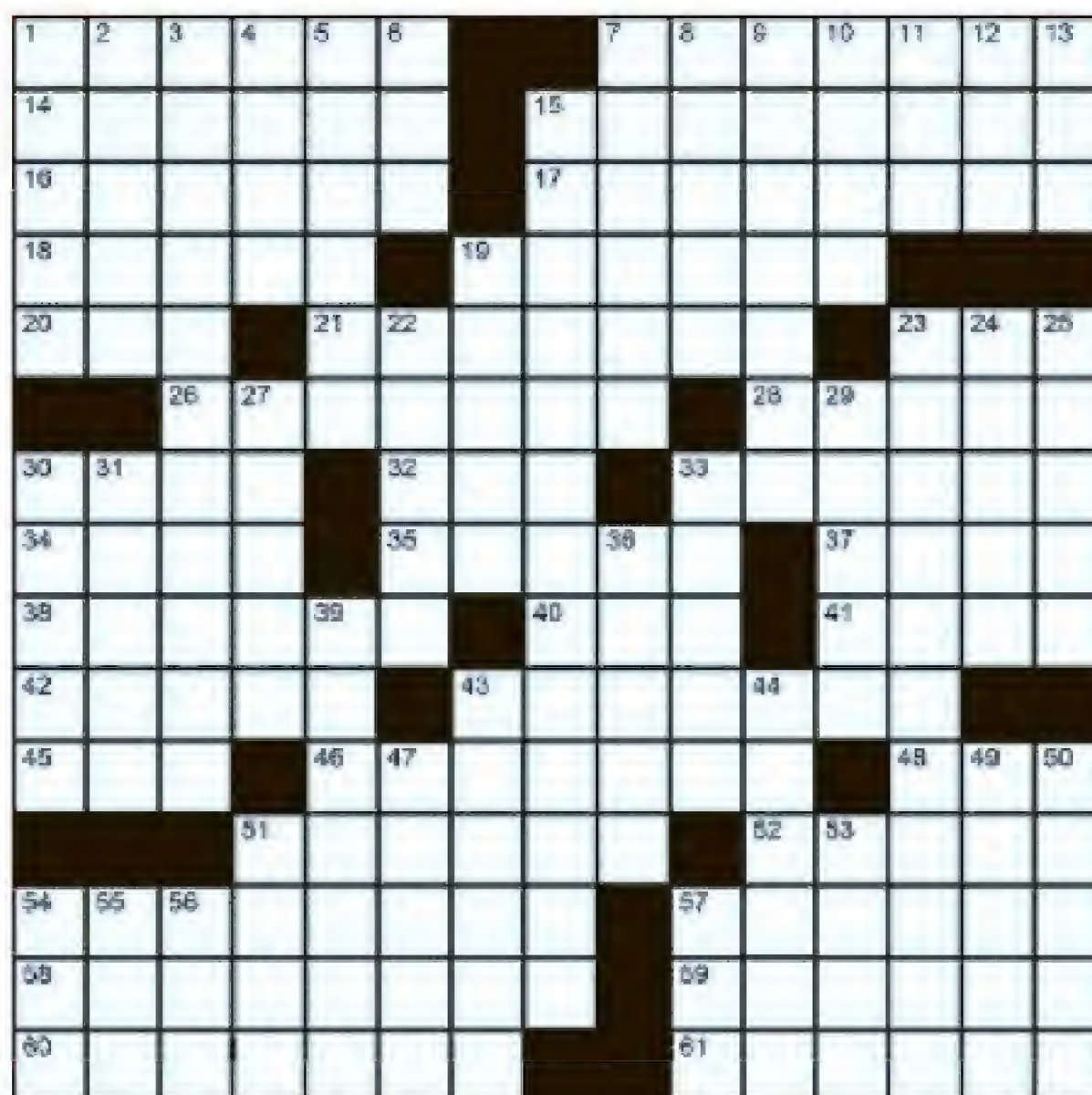
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Alcove
7. "But of course!" in Paris: 2 mots
14. Above, in Montreal: 2 mots
15. Swordplays
16. Expresses
17. Adze, for one: 2 wds.
18. Retro toy, with Sketch: 2 wds.
19. Lawyer documents
20. Pastureland
21. Ontario/New York border river
23. "Heartland" network
26. Phil Collins band
28. Martin's first wife in Sinclair Lewis' 1925 novel Arrowsmith
30. Math subj.
32. Try
33. Full-scale
34. "Import" suffix
35. Celebrate
37. Ron Howard role
38. Loan shark
40. Opposite WSW
41. Soaks flax
42. 43rd President Bush's nickname
43. Outfitted, knight-style [var. sp.]: 2 wds.
45. Y-ending word's plural suffix
46. Oranges brand
48. But, Latin-style
51. Mix the mixture more
52. San __, California
54. Group of Seven member: initials + surname
57. Agreement
58. Quebec: City



situated on Lac Saint-Jean
59. Bug variety
60. Mr. Brule (17th-century explorer/interpreter in New France)
61. __ Creek, Ontario

DOWN

1. Party hearty
2. WWW memo
3. The Chatham, Ontario born pitcher at #15-Down won the National League Cy Young Award in 1971 when playing for what team?: 2 wds.

4. Apiece
5. Sitcom role for Betty (More at #44-Down): 2 wds.
6. Li'l roads
7. The __ (Belonging to news coverage providers)
8. Wrath
9. Glacier's frozen

- zen cascade
10. Doesn't stand
11. Yoko __
12. Actor Mr. Tognazzi
13. Geog. feature
15. As per #3-Down... Inducted in 1991, the first and only Canadian in the National Baseball

Hall of Fame (More at #23-Down): 2 wds.
19. River drainage area
22. Drake's "Best __ Had"
23. As per #15-Down... New York State locale of the National Baseball Hall of Fame
24. Noise: French
25. Ms. Blanchett's
27. Manicure board
29. "The gold" in Spain: 2 wds.
30. Spanish architect Antoni
31. Result
33. Australia's famous Rock
36. Broadcasting: 2 wds.
39. Gradually incorporates: 2 wds.
43. Chant
44. Mimsie, in 1970s TV producing: acr. + animal
47. Bernie Sanders, e.g.: 2 wds.
49. Mysterious
50. Uncertain
51. Rapini, aka Broccoli
53. "Height"-meaning prefix
54. Fruit drink
55. Particular plane
56. Marg's fave TV letters
57. Old Rome bronze money

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Tomorrow, the only Full Moon opposite your sign all year will occur. This is why you might feel tension when dealing with partners and close friends. Stay chill.

Taurus April 21 - May 21
Problems get worse just before every Full Moon. Then after the Full Moon peaks, they diminish. This is why you might feel tension on the job today before tomorrow's Full Moon.

Gemini May 22 - June 21
Parents need to be patient with children today, because they can feel the tension building up before tomorrow's Full Moon. Similarly, romantic relationships might suffer.

Cancer June 22 - July 23
Because the Moon is your ruler, you naturally feel tension building up today before tomorrow's Full Moon. You feel pulled between the demands of home and family versus the demands of your job or career.

Leo July 24 - Aug. 23
Be careful today. Mental and emotional distractions that build up today (before tomorrow's Full Moon) could make you accident-prone. Be aware!

Virgo Aug. 24 - Sept. 23
Avoid financial squabbles with others or arguments about something you own. If you wait until after the Full Moon peaks tomorrow, these matters will be less important. They might even disappear!

Libra Sept. 24 - Oct. 23
Tomorrow, the only Full Moon in your sign all year will take place. That's why today, you feel tension with partners and close friends. Be patient and tolerant.

Scorpio Oct. 24 - Nov. 22
It's important to know that difficulties with others, especially at work today, might be gone in 24 hours. That's because after tomorrow's Full Moon, things relax.

Sagittarius Nov. 23 - Dec. 21
Be patient when dealing with friends and members of groups today, whether casual get-togethers, classes, meetings or large conferences. People get touchy just before the Full Moon!

Capricorn Dec. 22 - Jan. 20
Tomorrow's Full Moon creates a quandary for you today. You feel like you can't please both your private world and your public world. (You can't ignore home and family.)

Aquarius Jan. 21 - Feb. 19
Today has an accident-prone energy for you because of the buildup of tension before tomorrow's Full Moon. Therefore, pay attention to everything you say and do. Be alert.

Pisces Feb. 20 - March 20
Financial disputes might come to a head today. However, after the Full Moon peaks tomorrow, issues will be resolved.

CONCEPTIS SUDOKU by Dave Green

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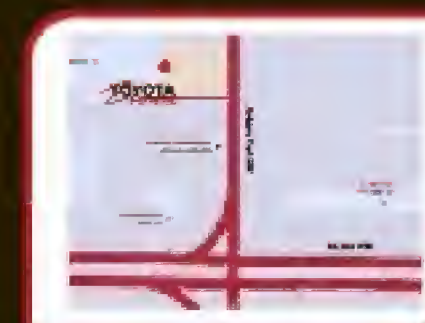
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